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## Cohasset Triathlon in photos

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# COHASSET MARINER

July 4-10, 2014

cohasset.wickedlocal.com

Vol. 35, No. 28 \$2

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### UPDATE

## Catching up with Cohasset astronaut

By Jill Michaels  
correspondent

If he couldn't fly as an astronaut, he might have liked to serve as a lighthouse keeper.

That's just one revelation that the *Cohasset Mariner* discovered last Friday (June 27) when checking in with Cohasset native Steve Bowen. Three years have passed since the space shuttle retired — and we last

called up Bowen in his office at NASA's Johnson Space Center in Houston.

"I'm still in the EVA branch," Bowen confirmed, referencing the division of the Astronaut Office that focuses on extravehicular activity, or spacewalks.

Selected as an astronaut in 2000, Bowen was serving as EVA branch chief in early 2011 when unexpected circumstances converged to assign him to STS-133 *Discovery*, his third shuttle flight.

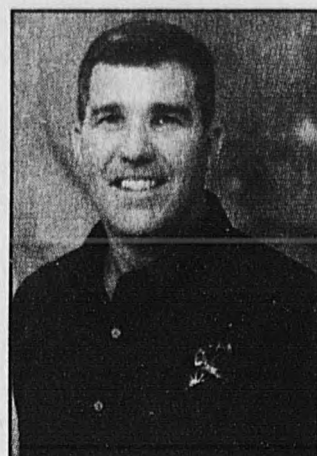
He also flew on STS-126 *Endeavour* in 2008 and STS-132 *Atlantis* in 2010. During his 40-plus days in space, he performed 7 spacewalks totaling nearly 48 hours.

Bowen — a laid-back 50-year-old with a warm sense of humor pleasantly spiked with occasional Boston sarcasm — joked that he passed off the baton of branch chief duties to Dan

Burbank, an adopted native of Yarmouth Port on Cape Cod, and then to Chris Cassidy, a former Navy SEAL born in Salem but raised in York, Maine.

Burbank and Cassidy have  
**SEE ASTRONAUT, 4**

**Astronaut Steve Bowen, STS-126 mission specialist, poses for a portrait following a preflight press conference at NASA's Johnson Space Center.**  
COURTESY PHOTO/NASA



### LOCAL BIZ



(From left) Manager Madeline Guiney and co-owners Tami Guiney and Jay Peraino toss fruit in the air at their new business, The Daily Press, 132 Chief Justice Cushing Highway in Cohasset. PHOTO/K.A. MACDONALD

## The joys of juicing

New healthy stop coming to Cohasset

By Erin Dale  
edale@wickedlocal.com

When on the go, one can be "hard-pressed" to find fresh, healthy options.

This is where the Daily Press comes to the rescue, offering an array of cold-pressed raw juices, smoothies and healthy salads, sandwiches and snacks.

The cold-pressed juicing process ensures that the

fruit and vegetable juices are made fresh, with no preservatives or additives. Juicing strips the cell wall from fruits and vegetables, allowing for maximum absorption of vitamins and minerals.

"It's the purest, best produce we can create," said the Daily Press owner Tami Guiney.

For healthy diet devotees, juicing is part of daily life. It's how Guiney started on a more holistic path. After working on marketing for a Moringa supplement

company, Guiney started experimenting with juice recipes at home.

After a while, "I realized all the pain with my arthritis was gone," said Guiney, crediting her largely plant-based diet for her improved health. "Your body knows what's good."

Guiney started sharing her juices with partner Jay Peraino, who said that he lost 20 pounds in six months "without doing anything different" other than drinking juice.

Peraino said that once he

started drinking Guiney's juices, he was sold on the lifestyle change, and regularly drinks a few juices per day. "You feel much better when you eat all the good stuff."

The Daily Press is Cohasset's second juice bar, with Lido Juice opening in the village nearly two years ago. The Daily Press is located in the Old Colony Square Plaza along Route 3A, near the South Shore Athletic Club and commuter rail.

**SEE JUICE, 4**

### BY THE NUMBERS

By Bob Skilling | Weather Observer

## June ends on a hot note

**67.5** degrees: mean temperature for June.

**+ 0.7** degrees: departure from normal.

**91** degrees: highest temperature, June 30.

**40** degrees: lowest temperature, June 1.

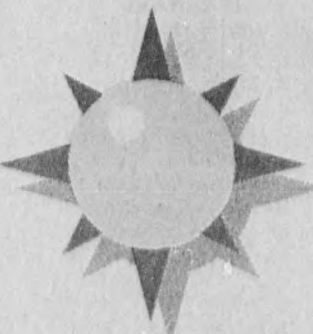
**2.36** inches: total precipitation for the month

**-1.56** inches: departure from normal

**More** Bob Skilling says: "As badly as we now need rain with lawns all quickly turning brown we

hope the predicted showers and thunderstorms in the days leading up to the Fourth don't interfere with the outdoor activities."

*Bob Skilling of Hingham has been a weather observer for the Mariner for more than 20 years. All his data is local.*



## Visual budget

Town signs up for finance website

By Erin Dale  
edale@wickedlocal.com

Cohasset continued making strides toward better technology Tuesday night when the selectmen authorized the town manager to purchase new financial software. The town also recently unveiled a retooled website.

Cohasset will join in other towns to be part of the Visual Budget consortium, started by Arlington. Last year Arlington debuted an interactive online tool to give residents user-friendly access to municipal financial information.

Alan Jones, vice-chairman of Arlington's finance committee, presented a walk-through of the city's Visual Budget website, giving the Cohasset officials a preview of what the town could soon utilize. The website shows a graphic breakdown of the town's financial information, such as revenues and expenditures, converting the data into brightly colored charts.

Residents will be able to see, for instance, how much they are spending on taxes and exactly where those dollars go.

Jones said that the visual layout of the budget makes it "more understandable" to taxpayers and officials. "It's a great, dynamic planning and forecasting tool," he explained. "It's a quick way to look at the [town's] overall financial health."

Cohasset Town Manager Chris Senior said he first came across Arlington's Visual Budget a few months ago, found out it had been produced by residents and heard that other towns might be able to tap into the resource. He then invited Jones in to present to him and the town's finance department.

Arlington won the Massachusetts Municipal Association's innovation award in January for developing this tool. Now, the city is seeking 10 to 15 other municipalities

**SEE BUDGET, 13**

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## PICTURE THIS



The Mariner caught up with Chris Abbruzzese of Double Z Land & Livestock at his Cohasset Farmer's Market stand. If you see Chris at the market, be sure to mention that you spotted him in Picture This! PHOTO/ERIN DALE

## Chris Abbruzzese

**Name:** Chris Abbruzzese.

**Occupation:** Raise beef and make wood fired pizza.

**Best day of your life:** Meeting my wife of 31 years.

**Best vacation:** Our 25th anniversary on the Big Island.

**Favorite season:** Winter in Maine.

**Favorite holiday:** Easter.

**Favorite junk food, meal or dessert:** Blueberry pie.

**Best book:** "Fierce Leadership" by Susan Scott.

**Best movie or actor:** "Shawshank Redemption."

**Best TV show:** "Chopped."

**Best music, group or artist:** Frank Sinatra or any crooner.

**Pet peeve:** People who chew with their mouths open.

**Fun fact:** I won the Cohasset Meatball Open two years in a row before being defeated by my mother this year.

**Person you would most like to meet:** Jesus Christ, really.

**Goal:** Help my kids achieve their goals.

**Biggest worry:** War in the Middle East.

**Best part of Cohasset:** The "watah."

## COHASSET ELDER AFFAIRS

## Brown bag lunch and movie

The following programs will take place at 3 North Main St. Call Cohasset Elder Affairs. Call 781-383-9112 if interested in attending either of these events and activities.

### Upcoming Events

**Brown Bag Lunch and Movie** — Monday, July 14 at noon. This month's showing, "Twelve Years a Slave," an autobiography of a free black man who was abducted from New York and sold into slavery. Bring your lunch. CEA will provide soft drinks and popcorn.

**Hearing Screening** — Tuesday, July 15 from 1 to 3 p.m. Includes hearing aid check and cleaning. Appointments are necessary. Call 781-383-9112.

**Kelley Auction Appraisals** — Tuesday, July 29 from 1 to 3 p.m. Wondering what that old lamp or your grandmother's dishes are worth? Come down for a professional appraisal. Admission is \$3 at the door. One item per person. Cohasset Elder Affairs, Three

North Main Street, Cohasset

**Museum visit** — Monday, Aug 11, from 10 a.m. to 2 p.m. Enjoy a summer visit to the Commonwealth Museum in Boston (the Massachusetts State Museum). Lunch at your own expense at Sullivan's, Castle Island. \$5.00 covers transportation and tour.

**Day Trip** — Tuesday, August 19. Visit the Cape Cod Canal on its 100th Anniversary! Tour includes a narrated cruise of the Canal, a visit to the Sandwich Glass Museum and a buffet at the Daniel Webster Inn. \$74 includes everything. Reservations must be received two weeks prior to the event. Call 781-383-9112 for information and reservations.

**Announcing New shopping trips** — In addition to the current transportation options, starting June 30, 2014, Cohasset Elder Affairs will offer door-to-door van service to the following:

**Around Town Route 8A** —

1 to 3 p.m. Stops as requested at Buttonwood Books, Supercuts, Bank of America, Rockland Trust, Walgreens, CVS, Hingham Lumber, Old Colony shops, Aubuchon, etc.

**Cohasset Train Station** — Wednesday drop off for 9:04 a.m. train. Return pickup for 3:08 p.m. arrival.

**Derby Street Shops** — Third Friday of the month starting at 9:30 a.m. Return 11:30 a.m.

**Walmart/Hanover Mall** — Back by popular demand. Wednesdays at 9:30 a.m. return at 11:30 a.m.

These join the already scheduled trips:

**Shaw's** — Tuesday, 1 p.m.

**Around Town (downtown Cohasset)** — Thursday 9:30 a.m.

**Stop & Shop** — Friday 9:30 a.m.

**Trader Joes/Marshalls** — 9:30 a.m. Second Friday of the month

**Christmas Tree Shop** — 9:30 a.m. fourth Friday of the month.

## South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

JULY 2014		HIGH				LOW				SUNRISE	SUNSET
		AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday	03	3:51	8.7	4:23	8.6	10:00	0.7	10:23	1.3	5:11	8:22
Friday	04	4:37	8.5	5:07	8.6	10:45	0.9	11:12	1.3	5:12	8:22
Saturday	05	5:26	8.3	5:54	8.7	11:31	1.0			5:12	8:22
Sunday	06	6:17	8.1	6:43	8.9	12:04	1.2	12:21	1.1	5:13	8:22
Monday	07	7:12	8.1	7:34	9.2	12:58	1.0	1:13	1.0	5:13	8:21
Tuesday	08	8:07	8.2	8:26	9.5	1:53	0.7	2:07	0.9	5:14	8:21
Wednesday	09	9:03	8.4	9:20	10.0	2:48	0.2	3:01	0.6	5:15	8:21
Thursday	10	9:58	8.8	10:13	10.4	3:42	-0.3	3:55	0.3	5:15	8:20

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

## JOB OPENING

## Reporter for Norwell, Hanover

GateHouse Media New England has an opening in the Marshfield, Mass. office for a staff reporter covering the communities of Hanover and Norwell. We're seeking an energetic, persistent and creative person able to meet daily deadlines and multi-task in multiple media.

The ideal candidate will be passionate about local news, excited about the opportunity to publish both in print and online and to be part of a dynamic, innova-

tive news organization with opportunities for long-term career development.

The staff writer is responsible for covering and reporting on town government meetings including selectmen and school committee, as well as breaking and general news, and elections in town. The reporter keeps close tabs on police news and maintains close ties with the schools, covering various events and activities throughout the district and community.

Frequent daily postings and updates to our Wicked Local websites and reader engagement through social media is a requirement. The reporter will often be asked to go beyond their beat and contribute to special sections and projects.

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## OUR PHOTOS

Check out all of our photos in color of the Cohasset Triathlon!

## BLOG: WILD ABOUT BIRDS

Blogger Pam French, owner of Wild Birds Unlimited in Hanover, has the word on birds.

## BLOG: NE WILDLIFE CENTER

The New England Wildlife Center cares for all kinds of critters. Check out their latest blog.



## POLICE FIRE SCANNER

Log on to hear the latest police and fire news from Hingham and surrounding towns.

## FACEBOOK

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## GOT NEWS?

Submit your news, photos, announcements or sports information online.

## POPULAR STORIES ONLINE

- Frame Family triumphs at Cohasset Triathlon.
- Cohasset museums open for the summer.
- Triathlon: Girls team up for a friend and a great cause.
- SPECIAL REPORT: Veterans facing long wait for care, services.
- Boy finds needle on Cohasset beach.

## BRIEFLY

## Programs at Swim Center

Red Cross Swim Lessons for both members and non-members are offered in two-week sessions: Session II: July 14 to 25; Session III: July 28 to Aug. 8; Session IV: Aug. 11 to Aug. 22. Sign-up at the front desk...first come, first service. For more details about class offerings and memberships, visit [www.cohasset-swimcenter.com](http://www.cohasset-swimcenter.com)

Water Aerobics is offered on Tuesdays and Thursdays from 1 to 2 p.m., adults can come and enjoy wellness through water exercise. Members \$3 per class, non-members \$5 per class. Class size is limited and the instructor is U.S. Water Fitness Association certified.

## All-facility stickers for sale

Stickers are now on sale at the town hall only during regular business hours. Residents are encouraged to order stickers online and pay electronically at: [townofcohasset.org](http://townofcohasset.org). You may also order by mail, application available on Town's website. Stickers will not be sold on the weekend.

Stickers are \$65 for residents under the age of 65 and \$35 for any additional vehicle registered at the same address. The sticker price for a person 65 and older is \$25. A copy of your current registration is required. If leasing your vehicle, you will need proof of residence in addition to the registration. This sticker will allow access to the Recycling Transfer Facility, Sandy Beach, as well as, include parking at all areas in town that require a sticker.



POLICE BEAT

# Real-looking BB guns confiscated

By Mary Ford  
mford@wickedlocal.com

Police responded to a call on Saturday (June 28) just before 6 p.m. from a neighbor on Forest Avenue reporting two boys across the street with what appeared to be BB guns but the caller was not sure.

Police went to the address where they located two 15-year-olds, one with a pistol and the other with a rifle that looked like real guns. The officers drew their weapons and told the boys to drop theirs. They did not immediately respond to the command but after a couple more demands, they did. The guns turned out to be BB guns and were confiscated. The boys are from Worcester and their parents were notified. Police said one has to be 18 to have a BB gun but were especially concerned because these guns looked real.

"Officers that respond to calls like this are forced to make split second decisions," Acting Chief William Quigley said. "The officers are trained to focus on the threat, which is of course that gun. If the barrel of one of those weapons was pointed in the officers' direction by those teens, we could have had a tragedy on our hands. When I was called at home about this incident last Saturday, my question was, where are the parents and what were they thinking?"

## Bridge jumping

What has been dubbed a rite of passage is back in full swing as youthful folks enjoy jumping off the Border Street bridge into the waters below. However, the annual ritual that attracts people from all over is a big headache for police.

Last week, before the thermometer and humidity index rose – police were called more than a dozen times to clear groups off the bridge. One caller believed that some of the jumpers were drinking under the bridge, however that turned out not to be the case.

Acting Police Chief William Quigley said police will continue to manage the situation. Special police officers are on duty in the summer months and "double up" on Thursday through Friday.

He explained that police can cite violators although that has proven to be difficult in that many do not have IDs with them and many are from out of town. The practice is also an "arrestable" offense in that it is a willful violation of a



Two 15-year-olds from Worcester had these two real-looking BB guns that were confiscated by police last week on Forest Avenue. COURTESY PHOTO

town bylaw that prohibits the activity.

"Every year we arrest at least one person," Quigley said.

Two years ago two Boston teens that were not good swimmers nearly drowned after jumping into the rapids from the bridge.

Quigley said social media has added to the problem as word spreads about the best jumping spots. He said the towns of Scituate and Norwell that have bridges that span the North River are both facing the same problem.

## Fraud

A 55-year-old man reported to police on Monday (June 23) that he believed a former caretaker of his 86-year-old mother, who lives in Cohasset, had used her credit card to pay for two months at a local gym. He discovered the transactions when reviewing his mother's credit card bill, police said. The caretaker, who is male, 51, and from Oak Bluffs, allegedly first used the card in April and then again in May. The matter has been turned over to Cohasset detectives who are investigating. The caretaker could face two charges: improper use of a credit card and larceny under \$250, police said.

## MVA

Police cited a Rhode Island man after he attempted a left-turn on King Street near Dunkin' Donuts and pulled into the path of a 2003 Ford pickup truck, operated by a 38-year-old Cohasset man, causing a collision.

The accident occurred at 9:37 a.m. on Tuesday (June 24). The Rhode Island man, who is 27 and was operating a 2009 Chevrolet pickup truck, was headed south on King Street (Route 3A) when he thought the man operating the Ford pickup waved him on, allowing him to make the left-

turn. Police said there was a miscommunication in that the Cohasset man driving the Ford was "rocking out to music, playing air drums" that the Rhode Island man apparently misinterpreted as the OK to cut in front of him.

The 2003 Ford pickup had to be towed. The Rhode Island man was cited for failure to yield to oncoming traffic. There were no reported injuries.

## MVA

Police responded to an accident at 3:35 p.m. on Tuesday (June 24) on Route 3A by King and Sohler streets. A 2012 Toyota SUV, operated by a 42-year-old Cohasset woman, was attempting to pull out of Sohler Street to head south on 3A and did not leave enough room between her vehicle and an approaching 2010 Mitsubishi sedan that was headed south on 3A. The Mitsubishi was being operated by a 69-year-old Cohasset woman. The woman in the Toyota was cited for failure to yield to oncoming traffic. Neither vehicle was towed and there were no reported injuries, police said.

## Hit and run

At 9:09 a.m. on Wednesday (June 25), police responded to a call about a streetlight pole across a driveway. The 8-foot pole had been struck by a vehicle that had left the scene. National Grid was called to remove the pole, police said.

## Bike stolen

A 61-year-old Cohasset woman reported to police on Wednesday (June 25) around 3:53 p.m. that her green Trek 700 bicycle valued at \$300 had been stolen from her yard on Ripley Road. The bike was unlocked and it is believed it was taken between noon and 3 p.m. that day, police said.

## Python

Police were unable to locate a python with a black diamond pattern that had been reported in the area of Pond and Spring streets around 7 p.m. on Wednesday (June 25). Police said the python would be someone's pet as they are not native to the area.

## Utility scam

A local village business recognized a scam asking for them to immediately pay a utility bill using a Green Dot card or risk having their electric service cut off. The business reported the call to police last Thursday (June 26). Similar scams have been reported in Cohasset and neighboring towns.

## MVA

Police responded to an accident on Thursday (June 26) at 12:23 p.m. near Hingham Lumber. Police said a 2012 Ford Fusion, operated by a 30-year-old Scituate woman, was headed north when attempting to make a left into Hingham Lumber. The Fusion was "rear-ended" by a 1989 Jeep Wrangler, operated by a 23-year-old Hingham man who was also headed north on Route 3A. There were no reported injuries; both vehicles were towed. The Hingham man was cited for following too closely on a state highway, police said.

## Larceny

A business off Route 3A reported to police last Friday that sometime overnight a heat pump valued at \$3500 and scrap pool pumps valued at about \$100 were taken from behind the building.

## Expired license

A 66-year-old Cohasset woman who was operating a 2013 Toyota Venza is being summonsed to court for unlicensed operation and speeding following a traffic stop on Saturday (June 28) around 1:21 p.m. An officer clocked the Toyota traveling 33 in a 20 m.p.h. zone on Ripley Road and pulled the vehicle over. Further investigation revealed the driver had an expired license. A licensed passenger was able to drive the car so it was not towed.

## BUILDING PERMITS

The following building permits were issued recently at Town Hall:

Staszko, 488 Jerusalem Road, rebuild attached garage, \$29,500; Ellinger, 92 Pleasant St., add two-car garage; expand master bedroom & bath, \$260,000; Roma, 42 Oak St., remodel second floor/replace flooring and two windows, \$32,000; Carell, 369 Jerusalem Road, remodel kitchen and baths/framing and trim, \$150,000; Mazzarella, 544 Jerusalem Road, 22' x 30' deck, \$15,000; O'Malley, 29 Sohler St., 18 square asphalt roofing, \$9,775.

Rowland, 39 Bancroft Road, remodel kitchen/add new window, \$14,000; Vedanta Center, 130 Beechwood St., replacement windows, \$5,000; Relay for Life, 143 Pond St., 40x60 tent and 10x10 marquee, \$1,805; Recreation Dept, 208 Sohler St., 20x40 tent at Deer Hill, \$5,000; Cook, 281 King St., 17 solar panels, \$18,500; Whoriskey, 11 Sankey Road, add garage w/second floor master BR/remodel kitchen and bedrooms, \$300,000.

Toll Brothers, 28 Hemlock Way, new single family dwelling, \$282,240; Hahn, 91 Aaron River Road, replace siding and windows, \$40,339; Cohasset Yacht Club, -, Howard Gleason Road, Cribbing on existing piles for temporary support, \$10,000; Henry, 35 Forest Ave., 12 sq vinyl siding, \$3,000; Dicono, 90 Howard Gleason Road, 16x12 gazebo on existing footings, \$15,000; Zine, Lot 4 Black Rock Road, foundation only for single

family dwelling, \$20,000.

White, 228 Jerusalem Road, 24 x 16 addition and small deck, \$80,000; Bestick, 126 Doane St., 27' above-ground pool, \$2,400; Whealler, 619 Jerusalem Road, partition basement to create storage/laundry space/mudroom, \$6,500; Putziger, 29 Beach St., 32' round tent, \$1,900; Arruda, 151 Sohler St., replace and install joists and support beams, \$10,000; Lightkeepers, 15 Lighthouse Lane, 16x16 and 16x32 tents 7/25/14-7/27/14, \$1,179; Sullivan, 70 Whitehead Road, interior remodel; windows/roofing/siding; new floor plan, \$248,000.

Donovan, 45 Norfolk Road, two-level addition: kitchen, bedrooms, bathrooms, basement, \$240,000; Joyce, 18 Windy Hill Road, blown-in insulation, \$7,388; Bergan, 9 Ledgewood Drive, install two double-hung replacement windows, \$11,974; Lubitz, 103 Border St., 21 sq asphalt roofing, \$11,500; CVS, 790 CJC Hwy., interior remodel; accessibility upgrade, \$95,000; Jones, 31 Elm Court, 15 square asphalt, \$5,000.

St. Sauveur, 9 Fair Oaks Lane, bath remodel, \$15,000; McCarthy, 127 Pleasant St., blown-in insulation, \$4,924; Bruyere, 101 Beechwood St., sheet metal air handlers & condensers, \$17,000; Pompeo, 130, Forest Avenue, 12 x 15 shed installed on existing piers, \$7,600; Cohasset Sailing Club, 15, Lighthouse Lane, 20 x 30 frame tent - 6/26 thru 9/1, \$4,000.

## CERT TRAINING

### Calling recent college grads!

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training would be an asset for any company's workforce.

Cohasset CERT is planning the basic training class for 2014, beginning July 9th at 7 p.m. This training is offered free of charge to adult residents, regardless of your age over 18. All classes will be led by FEMA certified CERT trainers.

For additional information or to sign-up contact Cohasset CERT Manager Rich Hynes at email rich.hynes@hotmail.com or call 508-395-3308 or 781-383-0944.

## CFD tackles stubborn dumpster fire

On Monday June 16, at 1:35 p.m. Cohasset Engine 2 (Lt./Medic Forde & FF/Medic Pergola), Engine 1 (FF/Medic Collins) and Ambulance 2 (FF/Medic Cunningham) were dispatched to 285 Jerusalem Road for a reported dumpster fire.

On arrival of the scene units found a 30-yard dumpster fully involved. Engine 2 and Ambulance 2 members stretched two 1 3/4-inch hose lines and began to attack the fire. Engine 1 established a water source to extinguish the fire by

laying a 4-inch supply line from the hydrant in the area of 269 Jerusalem Road into Engine 2. The dispatch center paged out box three for station coverage, while units were tied up at the scene.

Off duty members Captain Bilodeau and Captain Mahoney responded back to the station for coverage. Captain Bilodeau then responded to the scene with Ladder 1 to assist in extinguishing the fire. The heavy fire in the dumpster was knocked down within 20 minutes. Members then spent

the next 90 minutes overhauling the dumpster by removing most of the debris by hand. The cause of the fire was from spontaneous combustion of sawdust. C-1 (Chief Silvia) and C-2 (Assistant Chief Dockray) also responded to the scene and assisted members in extinguishing the fire. No injuries were reported and the police department closed the roadway down while the fire department was operating at the scene.

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## ASTRONAUT

Continued from 1

each spent nearly six months working and living on the International Space Station (ISS).

"I've been studying Russian and working on my robotics qualification," continued Bowen.

Although the retired Navy Captain finished his robotics training last spring, Bowen still completes the proficiencies that NASA requires periodically from astronauts qualified as operators of the Canadian-built ISS robotic arm.

All the linguistic and robotics training imply that Bowen is currently flowing through the pipeline that astronauts travel before receiving an ISS flight assignment.

"I traveled to Montréal for training for several weeks," Bowen said.

"In March, I visited Moscow for a month of immersion training," a practical way to test his Russian language skills.

Despite the Crimea clamor erupting in March, "I visited the (U.S.) Embassy for language classes every day."

"Moscow is an international city. It was somewhat transparent," he explained. "I just avoided the areas where they were protesting."

With classic Boston understatement, Bowen quipped: "It was an interesting place to be at the time."

In May, Bowen participated in NASA's first underwater interview from the Neutral Buoyancy Laboratory (NBL). During their scuba-like dive, Bowen and astronaut Stan Love tested a modified launch-and-entry spacesuit from the shuttle era. The video, originally broadcast on NASA TV, is posted on YouTube.

The EVA Branch is

preparing for contingencies that may arise for returning flight crews aboard Orion and for NASA's asteroid sample and exploration mission. The asteroid will be the first mission for Orion, the spacecraft designed to take astronauts first beyond low earth orbit and someday to Mars.

Until then, astronauts are flying on Russian Soyuz spacecraft to and from the ISS.

"Of the six EVAs performed in the last year, two were planned," Bowen elaborated. "We write the procedures for unexpected repairs on orbit."

Then the ISS astronauts sometimes have to perform those spacewalks without ever practicing the procedures beforehand.

The team's success "validates the training," stated Bowen.

### Keeping Up Appearances

All his hard work in Bay Area Houston does not mean that Bowen has forgotten his roots in the Bay State.

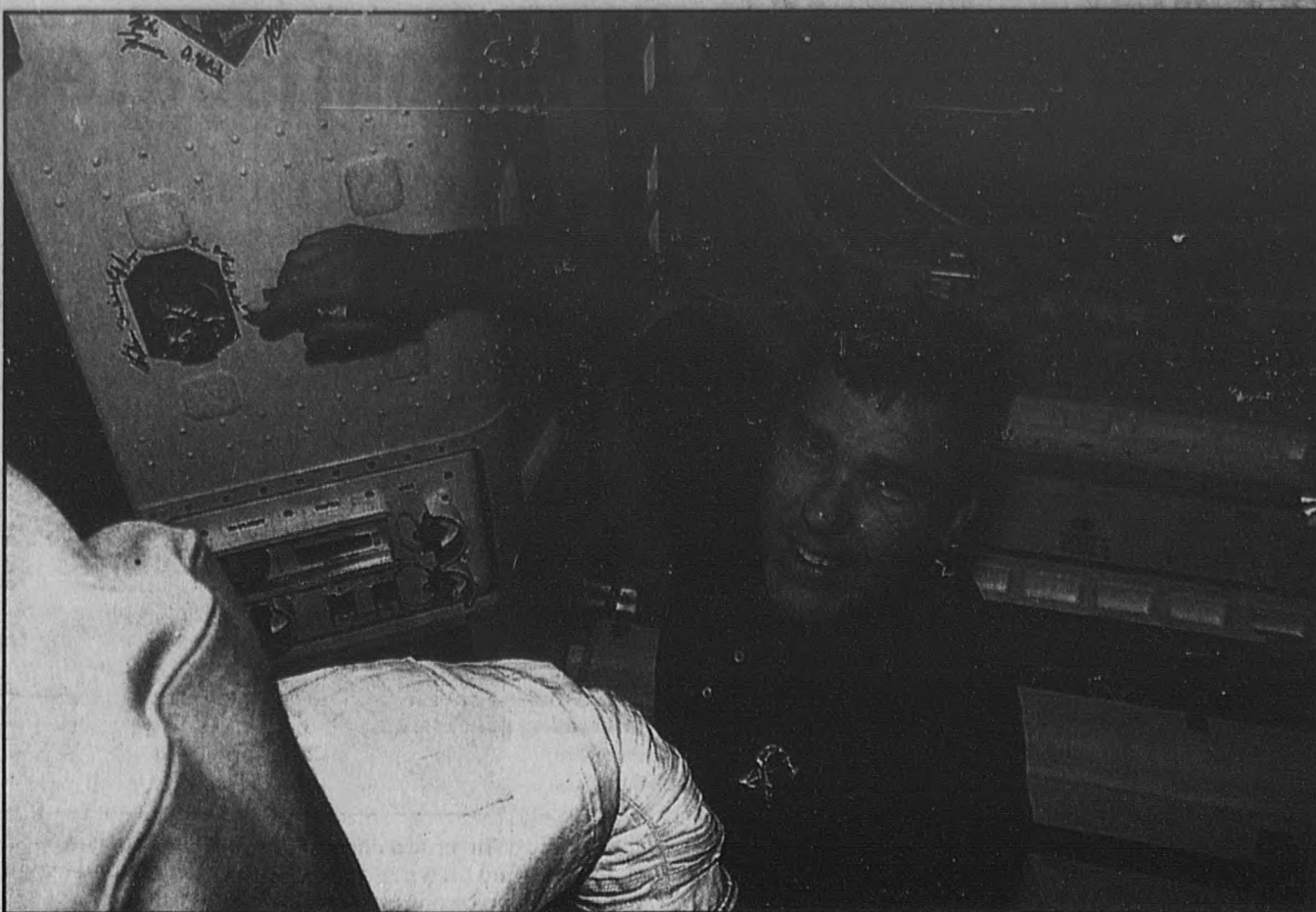
"In January, I spoke to students in Quincy, Norwell and Silver Lake Regional High School," said Bowen.

This week, Bowen has returned to town to visit family members in Cohasset and Hanover. His schedule also included two astronaut appearances: visiting the Weymouth Public Library on Tuesday and the Discovery Museums in Acton on Wednesday.

"Visiting libraries is something different for me," Bowen confided.

"I'll have to modify my presentation somewhat" to accommodate a smaller, potentially older crowd. "I'll have to talk about more things," he joked.

During a traditional astronaut appearance, the audience watches a NASA montage video of shuttle



In this file photo, Astronaut Steve Bowen, STS-126 mission specialist, signs Endeavour's crew patch in the Quest Airlock of the International Space Station on Thanksgiving Day. One more day remained for the Space Shuttle Endeavour to be docked with the station. COURTESY PHOTO/NASA

mission highlights as the astronaut narrates memories and anecdotes from the flight. After a question-and-answer period, the special guest will often participate in a brief meet-and-greet session.

Bowen seems to genuinely appreciate each opportunity to interact with South Shore residents. When his NASA workload permits, he willingly accommodates Boston-area appearance requests (usually facilitated by the non-profit One Giant Leap in Groton).

But those who know him well quickly recognize that Bowen secretly prefers a very low-key version of NASA's official astronaut appearance.

Okay, then, what is Bowen's dream appearance in Cohasset?

"Just walking around town," he replied. "Talking with people."

As an example, Bowen recounted his experience walking in Cohasset's Memorial Day Parade in 2011.

He added: "I'd rather talk one-on-one with people over coffee."

Or perhaps ice cream? Bowen laughed, an acknowledgment of his fondness for the dessert.

What is his favorite flavor? "It depends on my mood."

Out of modesty, he did not mention Cohastronaut, the ice cream flavor created in his honor by Nona's Homemade in Hingham.

### Got Lighthouses?

During our 42-minute phone call, Bowen revealed that he also feeds another

passion: a fondness for lighthouses.

When asked to relate any Cohasset anecdote, Bowen remembered learning to sail at the Cohasset Sailing Club on Government Island.

The former Navy submariner likewise recalled the club's copper replica of the Minot's Ledge lighthouse.

With hometown pride, Bowen detailed how Cohasset is the demarcation between the rocky coast of northern New England and the sandy beaches of the South Shore.

During his nostalgic musings, Bowen looked up an old article then advertising Minot's Light, one mile off the shores of Cohasset and Scituate. He reminisced about seeing at night the lighthouse's one-four-three

flashing signature — "I love you" in local lore.

The conversation slowly drifted back into current events. Bowen's older son, Nick, a newly minted college graduate, just published his first freelance article in the *Galveston County Daily News*.

Nevertheless, in this astronaut's veins runs seawater, not blood.

With plenty of wistfulness in his voice (and scarcely any sarcasm), Bowen suddenly announced: "If I had a lot of money to waste, I'd buy a lighthouse."

**EDITOR'S NOTE:** This story is the 10th article about Steve Bowen written by correspondent Jill Michaels for the Cohasset Mariner since 2008.

## JUICE

Continued from 1

It was the proximity to the gym that attracted Guiney to the location. The Hingham resident said she and her daughter, Madeline, who is managing the store, both belong to the SSAC.

"I would walk by this space and it appealed to me," said Guiney. In addition to being a convenient spot, the space's long and narrow layout also proved ideal for a juice bar, the owner explained. "We can bring the produce in the back door — we keep a refrigerator there — and have a special sink to wash the vegetables and fruit. Once it's clean we bring it out front to juice."

This leaves "no chance for cross-contamination," Guiney added, which she realizes is especially important for vegan and vegetarian clientele.

### More than just juice

While the shop will offer solid food, such as salads and sandwiches, Guiney said that she felt it was im-

portant to keep meat off the menu, even though she is not a vegetarian herself. Guiney understands the frustration those with dietary restrictions must endure when ordering food from non-vegetarian establishments.

For the vegetarian customer, "We're trying to be a safe zone," Guiney said.

Offerings include a quinoa salad with green pepper, onion, avocado, cucumber and lemon vinaigrette; a cannellini bean salad with oven-roasted tomatoes and pesto; the "farmer's daughter" sandwich with whole grain toast, sirachi aioli, cheddar, avocado, cucumber, tomato and arugula; and the item that Guiney predicts will be a bestseller: avocado toast, featuring sprouted bread, lettuce, tomato, olive oil, sea salt and, of course, avocado.

Those in the mood for just juice can choose from the varied menu, including the "house blend" of kale, cucumber and pineapple, the "liquid sunshine" featuring pineapple, orange and



(From left) Manager Madeline Guiney, and business partners Jay Peralino and Tami Guiney have fun trying to stack fruit at their new business, The Daily Press, 132 Chief Justice Cushing Highway in Cohasset. PHOTO/K.A. MACDONALD

grapefruit, or "pick three" fruits or vegetables for their own custom blend.

Smoothies also come with several sweet choices, such as the "peanut butter blast" with frozen banana, protein powder, organic milk (cashew and almond milk

are also available), the "mango madness" with frozen mango, banana, and fresh-squeezed orange juice, or the chai smoothie with chai spice, banana, coconut milk, cashew milk and maca powder.

The Daily Press uses

frozen fruit as the smoothie base instead of ice in order to pack more nutrition into the beverages.

Meals cost between \$4.95 and \$7.95 while juices and smoothies cost between \$5 and \$6, with the option of adding protein powder or

superfood supplements like Moringa or Acai for \$1.

The prices are competitive for a juice bar, said Guiney, since juicing can be expensive. "It takes between two to six pounds of produce to make a cup of juice," she shared.

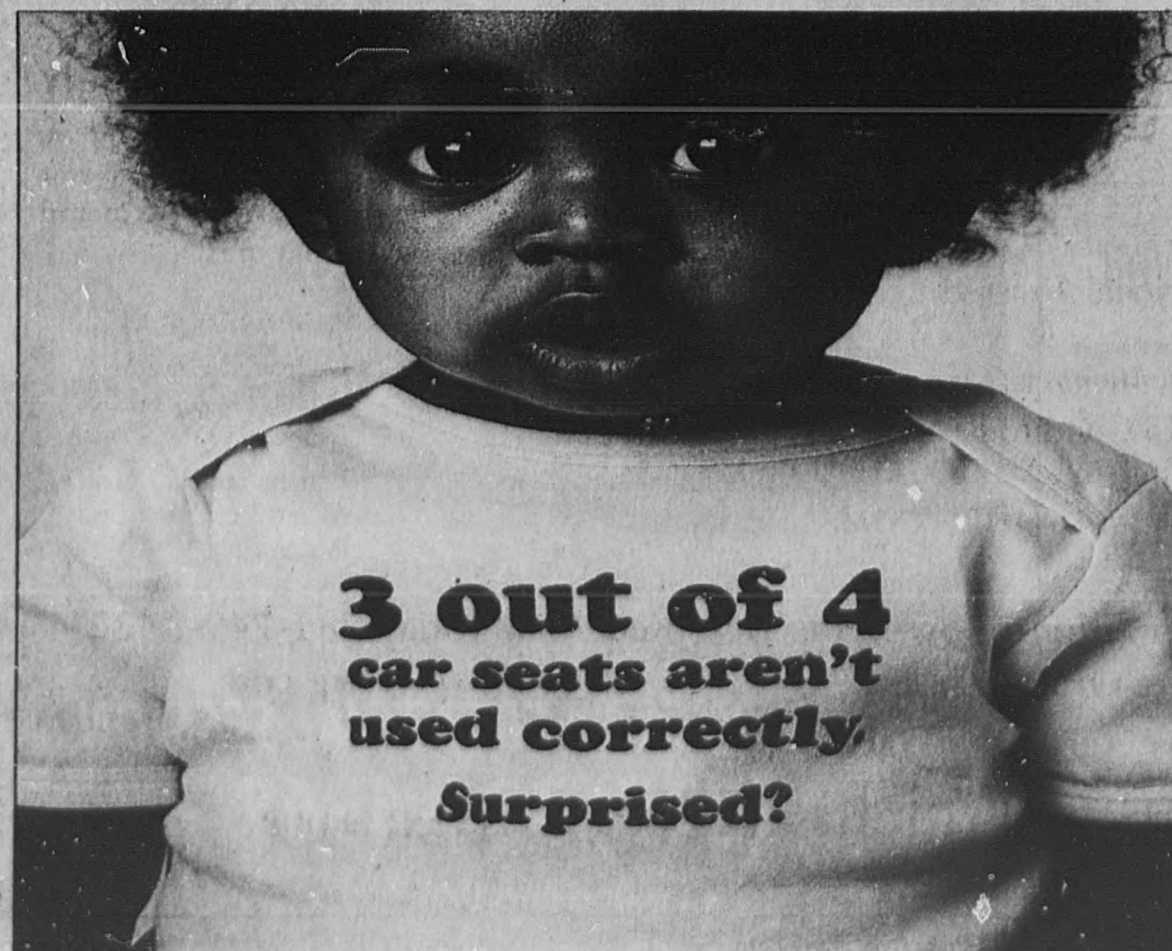
The Daily Press also uses as much organic and local produce as possible, said Guiney, with the goal to go 100 percent organic in time.

Those who want a daily dose of fresh pressed juice at home, but lack the time or resources to juice themselves, can rejoice — and order the six-juice organic cleanse for \$60.

### Opening soon

The Daily Press is set to open this July and is located at 132 Chief Justice Cushing Highway (Route 3A) in Cohasset. For more information, call 781-261-6099, visit thedailypressjuicebar.com or "like" the page on Facebook.com/thedailypressjuicebar.

Follow reporter Erin Dale on Twitter @ErinDale-Mariner.



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## POST-RACE

# Tri goes off without a hitch

By Erin Dale  
edale@wickedlocal.com

Last Sunday's Cohasset Triathlon seemed to be a smash success.

Over 800 triathletes from the area and around the country took to the streets and waters of Cohasset on Sunday, June 29 to try their hand at the swim, run, and bike challenge.

Bill Burnett, the race's founder and director, said that this year might have been the best "Tri" yet.

"The feedback has been pouring in," Burnett said on Monday, the day after the big race. "This year's event was nearly flawless and it might possibly be the best executed race in the event's eight-year history."

It all comes down to teamwork, Burnett added, praising the group of triathlon volunteers who kept the event running smoothly (see sidebar).

"We have a super strong core group of race coordinators and over 150 volunteers who have been with us since the beginning that have helped build the event what it is today. Everyone knows what they need to do to make the race and Cohasset shine on race day. It is this teamwork and the vast experience of our team that keeps making the triathlon better and better each year."

The race director, who lives in Cohasset, shared a few highlights from the day.

Team Hoyt, the father and son duo of Dick and Rick, finished their fourth Cohasset Triathlon, in two hours and 17 minutes. Dick pushes his son Rick in a wheelchair during their many races; the duo has competed in over 1,000 events, including the Ironman and Boston Marathon.

Team Hoyt also appeared onstage with Boston Marathon director

Dave McGillivray, paratriathlete John Young and Cohasset resident Barbara Baumgartner singing the national anthem.

Another special moment for Burnett was seeing "Team Emma's Effort," a group of 13-year-old Cohasset girls trying the 'tri' for the first time (athletes must be at least 13 to compete) cross the finish line.

Burnett's daughter Hannah was one of the young racers. "I am super-proud of each of them and excited to have them give it a try again next year," he said.

The race director also noted that the race's new bike route seemed to work well this year; the course was altered to accommodate downtown churches. Burnett also said that the race cleared Main Street at approximately 9:15 a.m., 15 minutes earlier than last year.

Burnett thanked the town's public safety team, including the police and fire departments and harbormaster for a "flawless" day.

## Coming up: Junior Triathlon

The race director hopes that the upcoming Cohasset Junior Triathlon and Adult Fun Run – in its inaugural year – will go just as swimmingly.

The event, for children ages 6 to 14, is Saturday, July 12 at the Cohasset Swim Center. The race kicks off at 8:30 a.m. (after a pre-race meeting and national anthem at 8:15 in the Swim Center) and wraps up with the adult fun-run at 10 a.m. followed by post-race festivities at 10:30.

Like the adult triathlon, the new event is also raising funds and awareness for the Juvenile Diabetes Research Foundation (JDRF). The junior tri also supports the Cohasset Education Foundation (CEF).

Visit [www.cohassetjuniortri.com](http://www.cohassetjuniortri.com) to register and for more information.



The crowd cheers Rick and Dick Hoyt as they cross the finish line during the 2014 Cohasset Triathlon.

## Volunteers keep the race running

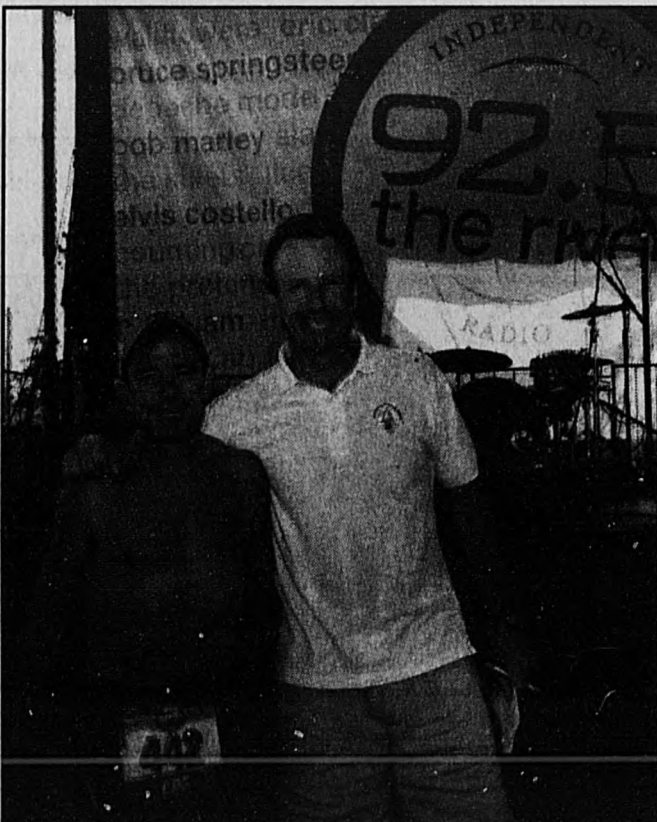
The following Cohasset Triathlon "race coordinators," all Cohasset residents, were instrumental in keeping Sunday's race running smoothly, said race director Bill Burnett:

- Mel Barrett
- Christian Cunnie
- Karin Cunnie
- Anthony Everett
- Matt Heardon
- Mike Hughes
- Catherine O'Callaghan
- Joe Mahoney
- Shelly Mahoney
- Pete Simmons
- Donald St. Sauveur

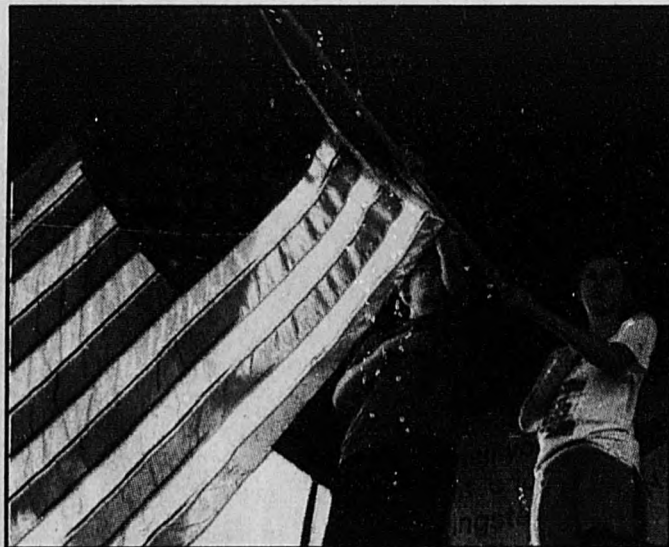
Follow reporter Erin Dale on Twitter @ErinDaleMariner.



Race participants, Team Emma's Effort, have raised almost \$5,000 for Type 1 Diabetes. From left: Ellie Arnold, Annie Toomey, Andrew Stephens, Emma Stephens, Diana Sturdy, Olivia Hansen, all of Cohasset.



Boston Marathon Race Director, Dave McGillivray finished the race in 1:13 stands along side Master of Ceremonies for the event, Anthony Everett of Cohasset.



Finn Doherty of Cohasset and Sarah Bast of Scituate hold the flag during the National Anthem before the start of the race.



Race Director and Cohasset resident, Bill Burnett, addresses the athletes during the prerace meeting. Behind him is John Young, Dave McGillivray, Dick Hoyt, Anthony Everett & Finn Doherty.

Photos by Laura Sinclair

## BRIEFLY

### CGC holds annual meeting

The Cohasset Garden Club invites all to its annual public meeting at 7:30 p.m. Wednesday, July 9 at the Lightkeepers' residence.

The program will include a presentation titled "A Year in the Natural Life of the South Shore." John Galluzzo, director of education, at the South Shore Natural Science Center in Norwell, will lead this lively presentation.

In addition, come early and view Cohasset Garden Club members' flower arrangements, inspired by the theme "A Day at the Beach." Refreshments will be served.

For more information contact Bet Baker, 781-383-1205.

### Student awards are announced

Each year, the Community Garden Club of Cohasset awards scholarships to deserving high school seniors. This year the scholarships were given to several college-bound students in

recognition of achievements during their high school careers and intentions to further their education.

This year's recipients are: Derek Benson, Caroline Evans, Alexia Ritz, Kate Broderick, Dakota Achin, Foster Eymmer, Hannah Roy.

In addition, the Community Garden Club of Cohasset gives a scholarship in memory of Nancy Gilmore to a female student. This year's recipient is Hannah Piasecki.

Congratulations and best wishes to all the students.

### Museums open for the summer

The Cohasset Historical Society's museums are open Wednesday through Friday from 1 p.m. to 4 p.m. and on Saturday from 10 a.m. to 2 p.m. For further information call the Cohasset Historical Society at 781-383-1434 or visit online at: [cohassethistoricalsociety.org](http://cohassethistoricalsociety.org).

Located at 4 Elm Street in downtown Cohasset are the 1810 Captain John Wilson House and the 18th Century Bates Ship Chandlery or Maritime Museum.



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## AROUND TOWN

## More great student news to share this week!



JENNIFER PIEPENBRINK

## Triathlon

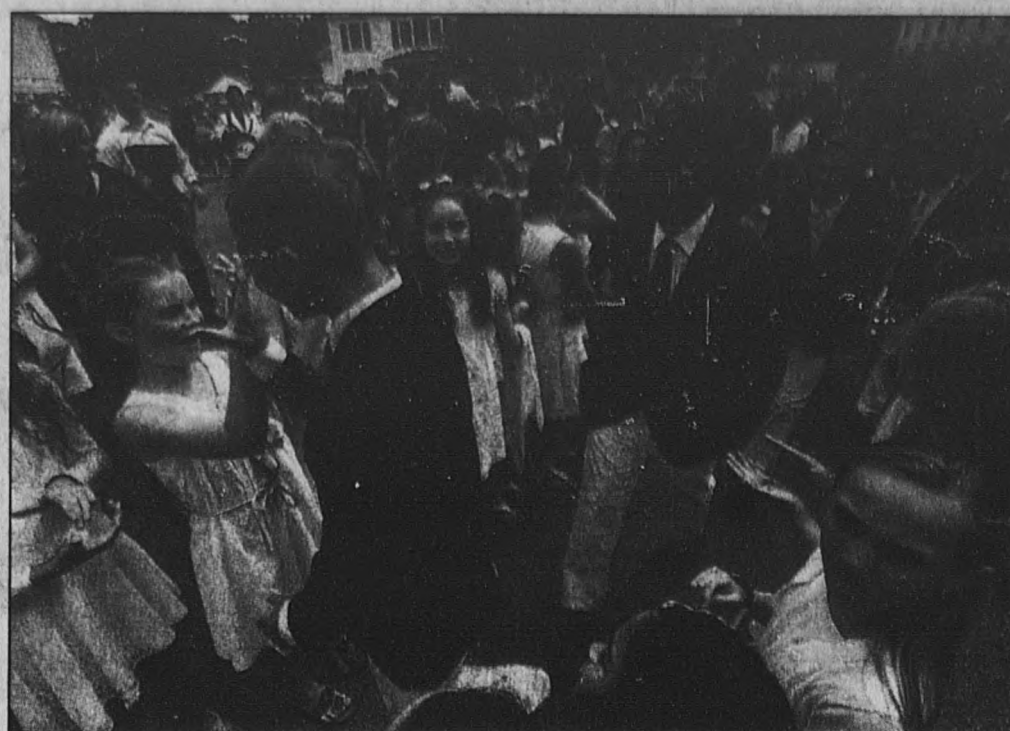
Hello Cohasset and Happy 4th of July to everyone. I wanted to start this column off by congratulating all who participated in last week's Cohasset Triathlon. What a wonderful event that shows so much teamwork and highlights the unbelievable strength, courage and determination of so many! Awesome job to each and every one of the participants, set-up and behind-the-scenes crew, **Bill Burnett**, Streamline Events and the community.

## Feedback

I also want to speak a little about some comments and feedback that I have received over the last few months. "Hey Jen, it is good to see you...I was wondering if you could put a little something in the column about ...?" Of course, my response is always, absolutely! The problem happens when it is not sent, either by mail or email or, sent to the general address and gets mired down with all the newspaper's content and submissions.

Although we have Social Media, a website and so many other ways to hear and receive our day-to-day happenings, celebration new and events, so many still read and want to see it in print. Please make sure to send any photos, news, celebration announcements, event information etc to me here at: [aroundtowncohasset@yahoo.com](mailto:aroundtowncohasset@yahoo.com).

I was at Stop & Shop and ran into an older friend of ours and she made sure to



DERBY DAY

Derby Academy fifth-grader Healy O'Donnell of Cohasset, left, gives a high five to eighth-grader Zander Gomez, also of Cohasset, while Zander walks between the fifth graders as he makes his way to New North Church in Hingham on Derby Day (June 12).

STAFF PHOTO/ROBIN CHAN

tell me how much she looks forward to her copy of the Cohasset Mariner each week but feels sad when there is not more to read about in the columns. She said that her granddaughter is always telling her she could go online and onto Facebook and her reply? "Jen, you cannot teach an old dog new tricks...and I don't need those things when I get the paper in my hand each week!"

## Derby awards

Several Cohasset eighth-grade students were honored at Derby Academy's graduation ceremonies June 12 with Book Awards for academic achievements, having earned an A- or above in all academic subjects for the entire year.

The Book Award recipients were: **Ben Fernando**, **Zander Gomez**, **Jenna Herman**, **Tilly McLean** and **Morley Pace**.

## Thayer honors

The following students from Cohasset were named to the Thayer Academy Middle School Term 3 honor roll for the 2013-2014 school year: **Annabel Doherty**, grade six, high honors in academic achievement; **Finnian Doherty**, grade seven, high honors in academic achievement and honors in effort; **Kendall McConaughy**, grade eight, honors in academic achievement and in effort; **Gavin Schwandt**, grade six, honors in academic achievement; and **Bayden Wilms**, grade eight, honors in academic achievement.

## Nichols College

**Jake Wheelwright** of Cohasset, Nichols College Class of 2014, was inducted into the Omicron Delta Epsilon Honors Society, which recognizes students who have excelled in the field of economics.

## Bryant University

**Thomas Ryan** of Cohasset, a sophomore management major, was named to the dean's list at Bryant University for the 2014 spring semester.

## Skidmore College

**Logan Breslow**, a member of the Class of 2014 at Skidmore College, earned term honors for the 2014 spring semester. She is the daughter of Clifford and Elaine Breslow of Cohasset. Term honors are awarded for a quality point ratio of 3.650 from a possible 4.0, for students who have completed 14 credit hours.

## Roger Williams

The following Cohasset residents were among those named to the Roger Williams University dean's list for the 2014 spring semester: **Samantha Bobo**,

majoring in legal studies program; and **Nicole Robins**, majoring in criminal justice. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the dean's list that semester.

## Bucknell

**Gabrielle Rioux** of Cohasset was named to the dean's list at Bucknell University for the spring semester of the 2013-14 academic year. Dean's list students have achieved a grade point average of 3.5 or higher on a scale of 4.0. Rioux is the daughter of David and Cassandra Rioux.

## Wake Forest

**Jennifer Magruder** from Cohasset was named to the 2014 spring dean's list at Wake Forest University. Students who achieve a 3.4 and no grade below a C were named to the list.

## Providence

The following Cohasset students have been named to the dean's list at Providence College for the spring 2014 semester: **Maira Donohue**, Class of 2016; **Taryn Donohue**, Class of 2014; **Sean MacCarthy**, Class of 2014; **Kerry McCabe**, Class of 2015; and **Anthony Testa**, Class of 2015.

## Garden Club

The Cohasset Garden Club is holding its annual public meeting on Wednesday, July 9th at 7:30 p.m. where they are proud to present: "A Year in the Natural Life of the South Shore."

**John Galluzzo**, Director of Education, at the South Shore Natural Science Cen-

ter in Norwell, will lead this lively presentation. In addition, come early and view Cohasset Garden Club members' flower arrangements, inspired by the theme "A Day at the Beach."

Refreshments will be served. They look forward to seeing you at the Lightkeepers' Residence this upcoming Wednesday. Please contact **Bet Baker**, 781-383-1205, for additional information or questions.

## Summer art

The South Shore Art Center's summer term of classes begins the week of July 7 and includes courses in drawing, beginner pastel, watercolor, oil, photography, printmaking, ceramics and much more. Morning and evening classes are available for absolute beginners to accomplished artists looking to hone a skill or try something different. Register online at [www.ssac.org](http://www.ssac.org) or call for more information call 781-383-2787.

Happy 4th, stay safe, have fun and enjoy. Happy Birthday America!

*That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 5 pm.*

*Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!*

*We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.*

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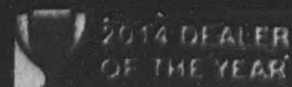
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# GIMME SHELTER

## Sisters need to stay together

CASEY FREDETTE

Sugar spice and everything nice; that hasn't been the life sisters Sugar and Pudge have been living. These 3-year-old dilute calicos thought they had the life the way they wanted, with their human family and each other. Sadly, as happens, their owner no longer willing to keep them decided to just dump them out on the street. Even when abandoned into the wild, these two managed to stay together. Thankfully it was only a few weeks until the sisters' wild ride started to calm back down.

Stephanie Chacker, a volunteer who spends her time trapping and saving abandoned cats and kittens, stepped in! As she's done many times, she found the two and set out to save them — together. She succeeded and the sisters managed to continue on together.

Pudge is the clear leader of the two. She watches over her smaller, shy sister, grooming her and sleeping in a giant ball together. Sugar, with her grey nose and muted coat, is desperate for some peace and quiet. She's not a fan of the hustle and bustle lifestyle that accompanies shelter life. Sugar and Pudge need each other. They are as bonded as a pair of cats could be. It has been a difficult road both have had to travel, but they have traveled it together and we hope to see them continue on their road together.

A bonded pair of cats can be a great option! You get to adopt twice the affection, you get twice the companionship and you get to do twice the good. Adopting a bonded pair of sisters takes away the difficulties of introducing two adult cats to one another. With a bonded pair you don't have to worry about conflicting personali-



Sugar and Pudge have stayed together through thick and thin. COURTESY PHOTO

**A bonded pair of cats can be a great option! You get to adopt twice the affection, you get twice the companionship and you get to do twice the good.**

ties or bumpy introductions. Sugar and Pudge don't know what life is like without each other. The sisters help each other; they give each other stability and love.

Shelter life isn't easy for every cat; some cats need the slower consistency of a home and family. Do you think you could be the family these sisters need? Come see them— open hours are Monday 6:30-7:30 pm and Saturday 2-3 pm. Need more information on the girls or any of our many cats and kittens? Call Judy, adoption coordinator at 781-534-4902. Interested in keeping up with Hull Seaside and its animals? "Like" us on Facebook. You can find our available animals on Petfinder.com, just enter 02045.

2015 is coming and with it will come a new edition of Kittendales! 2014 calendars sold out and helped raise funds to support our animals. Interested in being a Kittendale? Contact kitten-

dales@gmail.com. Models are needed in and around the Hull area and will be paired with one of our adorable kittens.

Final call for our July Spay Day. Space is filling up quickly; there are limited spots still available. Contact Casey, shelter manager at 781-925-3121 or Hsar@verizon.net to schedule your cat or kitten today The Animal Rescue League's Spay Waggin' will be at the shelter Tuesday July 8th. The cost is \$100, which includes surgery and vaccinations.

Fourth of July long weekend? Please consider donating your empty returnables to Hull Seaside. We have drop off boxes outside of our shelter, 50 L St Hull, as well as the A St. Tedeschi's and in front of Nantasket Hardware. The bottles and cans donated are sorted and returned by volunteers with 100 percent of the proceeds going to the animals.

Casey Fredette is the shelter manager of Hull Seaside Animal Rescue.

## 5 THINGS TO DO THIS WEEK



Don't miss the T-Bone Family Concert on the Common on Thursday, July 10. COURTESY PHOTO

There's plenty going on in and around Cohasset

**1 Concert:** Cohasset Recreation Concert Series will heat up the Common at 6 p.m., Thursday, July 10th, with the T-Bone Family Concert. Tom Stankus, or "T-BONE" to his audiences, calls himself "America's musical Pied Piper." (t-bonemusic.com). The kids are sure to be on their feet, dancing and singing throughout his performance. Perfect concert for a family picnic. Bring a blanket or folding chairs.

**2 Cohasset Carillon Recital Series** — at 6 p.m., Sunday July 6 — Gordon Slater (Ottawa, Canada) Cohasset Common is one of the best listening places. Parking is ample and free. Bring your lawn chairs or a blanket along with a picnic supper to enjoy on the Common while the bells are ringing. After each recital, a brief tour of the tower is offered for those interested in seeing the instrument in the playing cabinet and the bells in the tower above.

**3 Author:** Buttonwood Books and Toys will welcome best-selling author Elin Hilderbrand at 7 p.m., on Wednesday, July 9, at Buttonwood Books and Toys, 747 Chief Justice Cushing Hwy. Hilderbrand will discuss, "The Matchmaker," her new novel in which a woman sets out to find love for those closest to her — before it's too late. One lucky attendee will win the door prize — a basket

filled with special items curated by Hilderbrand that includes a copy of her new book. Those who are unable to attend and would like to order a signed book can call Buttonwood at 781-383-2665.

**4 Wacky Wednesdays:** South Shore Conservatory's Wacky Wednesdays family concert series will welcome Vanessa Trien and the Jumping Monkeys back to the Jane Carr Amphitheater, One Conservatory Drive, Hingham, at 10 a.m., on July 9. Tickets are \$15 for adults and \$5 for children. Special packages are available for groups of 10 or more. There is no charge for children younger than 3. Tickets may be purchased online at: sscmusic.org or by calling 781-749-7565, ext. 22.

**5 Retirement Healthcare Seminar:** South Shore Bank will host a free Retirement Healthcare Seminar from 5:30 to 6:30 p.m., on Tuesday, July 8, at its Financial Center at 99 South St., Hingham. Learn how healthcare costs can impact retirement income; what Medicare covers and what costs are paid out-of-pocket; and planning options that are available to help prepare for these expenses. To register, call Laura Lombard at 781-682-3233 or email llombard@southshorebank.com.

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## THE LOCAL BEET

## July ushers in bounty of local produce

## Cohasset Farmers Market news

Welcome to July and the beginning of an abundance and diversity of fresh vegetables and fruit, which will continue well into the fall. Here's what you can look forward to at the Market this month: arugula, all types of lettuce/greens, peas, Swiss chard, green beans, cabbage, cauliflower, broccoli, carrots, radishes, spinach and herbs. Coming a little later will be tomatoes, cucumbers, peppers and summer squash.

In addition to the beautiful produce, be sure to pick up some of the other wonderful products: grass-fed beef and lamb, fresh seafood, eggs, prepared foods and condiments, baked goods, local cheese, olive oils/vinegars, lemonade, hot dogs, barbecue, jewelry, soaps, baby items and all types of unique handmade items. And don't forget the ever-popular pony rides for the kids!

## Vendor spotlight: Ray The Fish Guy

New to the Cohasset Farmers Market this year is Ray Fuschetti, a.k.a. "Ray The Fish Guy," whose stand

features fresh, wild fish and shellfish.

Ray's seafood is never farmed and has never been frozen. Selections include Atlantic cod and haddock, Canadian salmon, swordfish, tuna, sea bass and scallops. Best sellers are swordfish, salmon and tuna.

Ray has been in the seafood business for over 30 years and takes pride in dealing only in local, ocean-caught seafood. Ray looks forward to a great first season with the Cohasset Farmers Market.

## Coming up

Musical entertainment for July 10 features Dan Durkee, followed by Gretchen and the Pickpockets as part of the Summer Concert Series at 6 p.m. on the common.

Also back by popular demand: Linda Storm's cooking demo and Julia Swartz's talk on "Food and Mood." Stay tuned for details.

The Cohasset Farmers Market is open every Thursday from 2-6 PM on Cohasset Common. For more info, visit [www.cohassetfarmersmarket.com](http://www.cohassetfarmersmarket.com).



Michael and Michele Hubley of the Cohasset Farmers Market pose with this year's new signage. COURTESY PHOTO.

## Recipe Corner

Strawberry season will be winding down, so here's your chance to pair the sweet berry with the sweet scallops at Ray The Fish Guy's stand.

Seared scallop salad with strawberries in citrus vinaigrette... Serves 2

4 to 6 large sea scallops (from Ray the Fish Guy)  
1 T butter (or olive oil) (olive oil from Omega Oil)  
1 cup strawberries, sliced (from Cretinon, Holly Hill or Freitas)  
1/2 cup cucumber, seeds removed, & sliced (from a farm)  
4 to 5 cups lettuce (or any combination of lettuce, spinach or arugula), washed (from a farm)  
1/4 cup orange juice, freshly squeezed from orange  
1 T lemon juice, fresh (or white wine vinegar, or rice vinegar)

1 t Dijon mustard  
salt and pepper to taste  
2 T olive oil  
1 t chives, chopped (or any other herb such as basil, oregano, tarragon, parsley or mint)

1. Place sea scallops in bowl with cold water and let any sand sink to bottom of bowl. Transfer to colander and rinse again with water. Pat dry. Generously season with salt and pepper.  
2. Whisk together orange juice, lemon juice or vinegar, Dijon salt and pepper in measuring cup or small bowl. Gradually add in olive oil, drop by drop, whisking quickly. Set aside.  
3. Prepare strawberries and cucumber and mix with lettuce & toss with desired amount of vinaigrette (about 1-2 T per

serving...you may have extra vinaigrette). Place salad on plates.

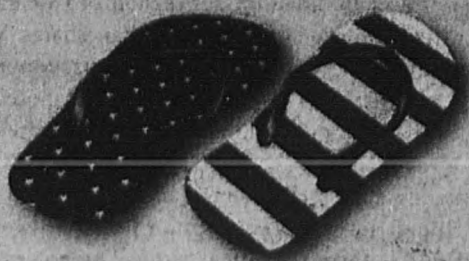
4. Heat medium skillet to high, add butter and allow to melt.  
5. When skillet is hot, add scallops and cook 2 minutes on first side, allowing scallops to caramelize & sear to a nice golden brown; turn, and cook about 1 minute 30 seconds on second side, depending upon how done you like your scallops.  
6. Place scallops on salad and enjoy!

Recipe compliments of Darlene Calcagno, Chef/owner of Cuisine by Darlene Personal Chef Service of Hanover.

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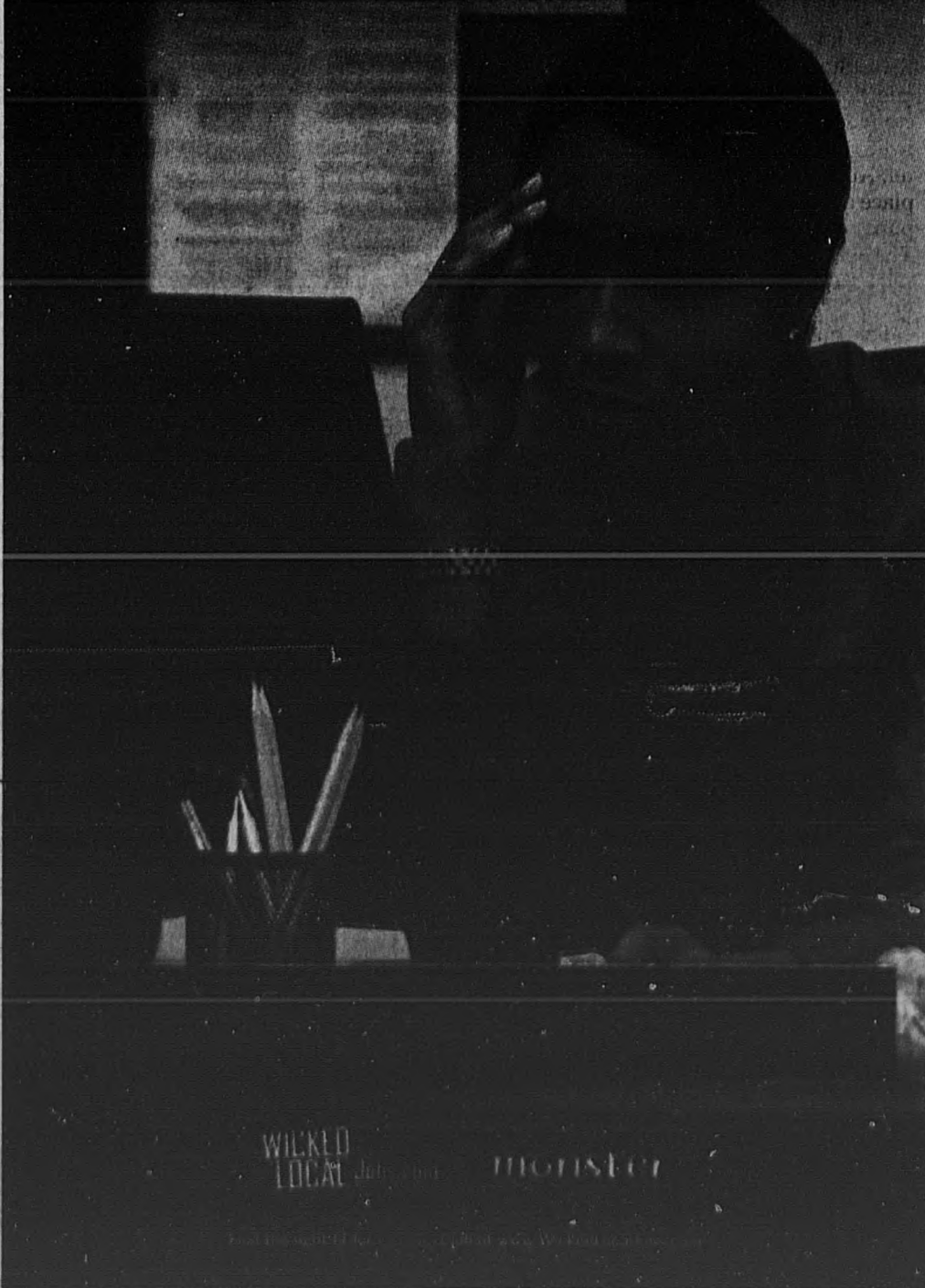


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FIND THE PERFECT PERSON  
OVERNIGHT. THAT'S JUST  
WHEN YOU HAVE TIME  
TO LOOK.





CELEBRATES 5 YEARS!

## 'Breaking bread with Jesus on the beach'

*"When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread... Jesus said to them, 'Come and have breakfast.'"*  
—John 21: 9,12-13

This Sunday at 7 a.m., St. Stephen's Church will celebrate the beginning of its fifth year of welcoming visitors and residents of all faiths to an informal mass on Sandy Beach in Cohasset. Led by the Rev. Margot Critchfield, the service is followed by a "tailgating coffee hour" with donuts and coffee served by the pastor's husband from the back of his truck.

Arrive early enough, and your brain may still be as foggy as the seascape awaiting your arrival. Negotiate your way from the empty parking lot to the starkly deserted beach, and then slowly, intentionally, breathe in a few deep inhalations of sweet, salty air. As the sun begins to burn through the foggy mist, you'll see dogs playing at the water's edge and worshippers arriving in a steady stream: a growing crowd of casually clad people and clusters of smiling faces chatting quietly and welcoming each new arrival. Families stand around barefoot, children play in the sand...senior citizens relax in their folding chairs, zombie-like teenagers in pajama bottoms and t-shirts squint at the too bright sun...a black lab here, a Springer spaniel there...



The Rev. Margot Critchfield, second from right, has been leading services on Sandy Beach for five years. COURTESY PHOTO

The altar will catch your eye with its simple beauty. A stoneware communion set stands regally atop a white, cloth-covered card table — three large, pink conch shells pay homage before it. In the foreground, a driftwood cross — bits of sea glass and fishing net adorning its outstretched arms.

Someone smiles and hands you what looks like a menu — a laminated sheet of paper printed on both sides with the prayers for Holy Communion. "Good morning," he says, "we're glad you're here."

The service starts with a moment of silence in which to listen to the waves whispering in the distance. The wind brushes against your face and in the absence of human sound you notice with shared surprise the sudden awareness that this is amazing, this is breathtakingly beautiful, there is something

going on here and whatever it is we're all feeling it: God is in this place. God's Spirit is in this gathering. We are about to break bread with Jesus on the beach!

A dog barks, a child coos something about her "dwoggie," and grinning widely, the priest extends her arms and says, "Blessed be God: Father, Son and Holy Spirit."

"And blessed be God's kingdom, now and forever," you respond with the others — and you know now that you are just exactly where you're meant to be.

St. Stephen's invites everyone who hungers for God and seeks to know Jesus to join them for their informal mass at Sandy Beach beginning Sunday, July 6th at 7 a.m. Pets are welcome! For more information call the church at 781-383 1083.

FARMERS MARKET

## Yoga on the common

Selectmen OK event application

By Erin Dale  
edale@wickedlocal.com

The farmers market just got a lot more "zen."

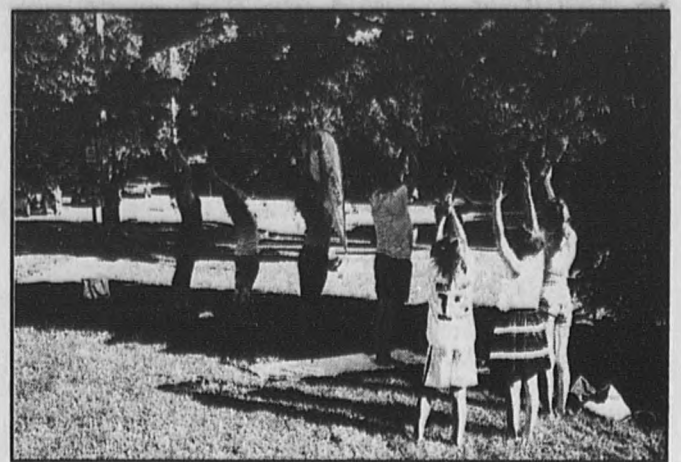
Now, the weekly Cohasset Farmers Market (every Thursday from 2 to 6 p.m.) will offer complimentary yoga on the town green from 5 to 6 p.m.

The hour-long classes are courtesy of Cohasset's Balance Studio and are taught by recent graduates from the studio's teacher training program. While the classes are free, a \$5 donation is suggested, and proceeds will support Medicines for Humanity, a Rockland-based charity that provides medicine to third-world countries such as Guatemala.

Balance Studio owner Kellie Lynch said in a phone call that the new classes create a way to partner with the farmers market as well as "an opportunity to give back."

Melissa Bomeisler of Balance Studio said in an email, "We feel so fortunate to share our love for the community that has supported us these last six years, and hope to give back by exposing as many people as we can to the benefits and beauty of yoga. In turn, we hope to benefit these communities that we cannot directly reach through the medicines they can deliver."

Lynch said her studio chooses a community service program every year. And once



A free yoga class (suggested donation: \$5) is being taught on the town common during the weekly Farmers Market. COURTESY PHOTO/BALANCE STUDIO

the studio has raised enough money to reach its fundraising goal for Medicines for Humanity, "We'll definitely be donating a portion to the farmers market," said Lynch.

The farmers market is a non-profit entity, according to market manager Michael Hubley and his wife, Michele, president of the Friends of Cohasset's Farmers Market. Any money made at the market goes back to the vendor, while sales from the market's hot-dog stand go toward the market's scholarship program.

"It's been a cost for any of the people who have been involved," Michael said during Tuesday night's Board of Selectmen meeting, when the market received formal event approval from the board to operate from June to October. "It's a money-losing situation, but it's a great center of community."

Michele said that she was happy to have Balance Studio

as the market's charitable partner this year. Lynch had nothing but good things to say about the Hubleys.

"Michael and Michele have been phenomenal breathing new life into the farmers market," she said.

And in yoga — breathing is essential. The common provides a green space for yogis of all ages and skill levels to practice their poses.

"Classes are all levels," said Lynch. "Anyone is welcome to join; it's just fun."

Bomeisler added, "We invite our community to pick up their fresh fruits and veggies this summer, and then gather a fresh perspective on yoga."

For more on Balance Studio, visit [www.balancestudiocohasset.com](http://www.balancestudiocohasset.com). For more on the Cohasset Farmers Market, see [www.cohassetfarmersmarket.com](http://www.cohassetfarmersmarket.com).

Follow reporter Erin Dale on Twitter @ErinDale-Mariner.

ON STAGE

## Dramatic Club announces 93rd season

Cohasset Dramatic Club announces the main-stage shows for its 93rd consecutive season. Beginning in the fall, CDC's 2014/2015 season will feature three shows and include two musicals for the first time in many years. Designed to appeal to a wide variety of audiences, the slate includes: "Songs for a New World" — Nov. 14 through 16 and 21 through 23; "Briefs II," an evening of 10-minute plays — Feb. 6 and 7; and "The Addams Family" — March 6 through 8, 13 through 15 and 20 through 22.

According to CDC president, Lisa Pratt, the 93rd season offers a broad oppor-

tunity for actors, singers, dancers and audience members alike. "This season exemplifies our talent," said Pratt. "We built the season around the strength of our actors and our growing audiences. We've got the talent and interest so we felt it was time to offer a truly challenging, exciting and fun season for everyone. 'Songs for a New World' is a strong contemporary musical with great stories set to song. Last year's 'Briefs' was so popular that we are looking forward to offering it again with a new set of 10-minute plays to be announced. And finally, 'The Addams Family' is a colorful musical with a

wonderful score and cast of iconic characters that everyone will love. It's going to be a spectacular season."

Audition dates and additional information will be announced well in advance of each show. CDC provides affordable, high quality, live theater to the community for entertainment and education. For 93 years, CDC has presented both new and classic works carefully selected for their appeal and relevance. For more information, visit [www.cohasset-dramaticclub.org](http://www.cohasset-dramaticclub.org). CDC's historic stage is at Cohasset Town Hall Theatre, 41 Highland Ave., Cohasset.

## North River Theater auditions

North River Theater, 513 River St., Norwell, will host auditions for its September comedy production of "Office Hours" by Norm Foster. Auditions will take place at the theater at 7 p.m., on Monday, July 7. There are roles for five men and five women of any age.

For more information, call 781-335-4295.



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## SSAC artist Maureen Brookfield exhibits at library

The South Shore Art Center presents a watercolor exhibit by artist Maureen Brookfield from July 1 to Aug. 31, at the Paul Pratt

Memorial Library, 35 Ripley Road.

Gallery hours: Mondays, Tuesdays, Thursdays 10 a.m. to 8 p.m., Wednesdays and

Fridays 10 a.m. to 5 p.m. and Saturdays 9 a.m. to 5 p.m. For more information call the library at 781-383-1348.

## Summer Program/Classes at the SSCC

The following classes at the South Shore Community Center, 3 N. Main St. begin the week of July 7 and end Aug. 25. The cost is \$112 members/\$120 non-members. 781-383-0088.

Gym Explorer/Gymnastics, Ages 3-5 Boys & Girls, Monday 3 to 3:45 p.m.

Summer Sports for Kids, Ages 3-5 Boys & Girls, Monday 3:45 to 4:30 p.m.

Beginner/Intermediate, Ages 5-8 Girls, Monday 4:30

to 5:30 p.m.

Beginner/Intermediate, Ages 7-11 Girls, Tuesday

3:30 to 4:30 p.m.

Beginner/Intermediate, Ages 9-12 Girls, Wednesday

3:30 to 4:30 p.m.

**TODDLER TIME**

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members (half off sibling

discount in same class)

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& crafts. Bring a labeled

water bottle, change of

clothing and diapers/pull-

ups for those who need

them. Class runs 9:30 to

11:45 a.m. Monday through

Thursday.

Session I: June 30-July 3

Session II: July 7-July 10

Session III: July 14-July 17

Session IV: July 21-July 24

**Pilgrim Bank**  
40 South Main Street  
Cohasset, Massachusetts 02025  
(781) 383-0541

## NOTICE OF SPECIAL MEETING OF DEPOSITORS To Be Held On July 23, 2014

A special meeting of depositors (the "Special Meeting") of Pilgrim Bank (the "Bank"), will be held at the Bank's Route 3A office, located at 800 Chief Justice Cushing Way, Cohasset, Massachusetts, on July 23, 2014. The Special Meeting will be held at 9:00 a.m., Massachusetts time. Polls will remain open for voting at the Special Meeting from 9:00 a.m., Massachusetts time until 6:30 p.m., Massachusetts time on July 23, 2014.

The Special Meeting is being held for the purpose of considering and acting upon:

1. The approval of the Plan of Conversion of Conahasset Bancshares, MHC (the "Plan"), providing for the conversion of Conahasset Bancshares, MHC (the "MHC") from the mutual form of organization to the stock form of organization and the establishment of Pilgrim Bancshares, Inc. (the "Stock Holding Company"), the proposed bank holding company of Pilgrim Bank, and the sale by the Stock Holding Company of shares of its common stock.

2. The approval of the establishment and funding of a charitable foundation to be named "Pilgrim Bank Foundation" (the "Foundation") to be dedicated to support charitable organizations operating in our local community.

3. Such other matters as may properly come before the Special Meeting or any adjournments thereof.

Any action may be taken on the foregoing proposals at the Special Meeting on the date specified above or on any date or dates to which, by original or later adjournment, the Special Meeting may be adjourned. The depositors who will be entitled to vote at the Special Meeting will be those depositors of the Bank as of June 12, 2014 (the "Voting Record Date") who have also attained the age of 18 years.

Your board of directors urges you to attend the Special Meeting and unanimously recommends that you vote **FOR** approval of the Plan and **FOR** the establishment and funding of the Foundation. Your vote is very important.

BY ORDER OF THE BOARD OF DIRECTORS

Edward T. Mulvey  
Clerk of Pilgrim Bank

Cohasset, Massachusetts  
June 20, 2014



# OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com

## HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

## Declaration of Independence, July 4, 1776

When in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the laws of nature and of nature's God entitle them; a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident: That all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness; that, to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed; that whenever any form of government becomes destructive of these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles, and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness. Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes; and accordingly all experience hath shown that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same object, evinces a design to reduce them under absolute despotism, it is their right, it is their duty, to throw off such government, and to provide new guards for their future security. Such has been the patient sufferance of these colonies; and such is now the necessity which constrains them to alter their former systems of government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute tyranny over these states. To prove this, let facts be submitted to a candid world.

He has refused his assent to laws, the most wholesome and necessary for the public good.

He has forbidden his governors to pass laws of immediate and pressing impor-

ance, unless suspended in their operation till his assent should be obtained; and, when so suspended, he has utterly neglected to attend to them.

He has refused to pass other laws for the accommodation of large districts of people, unless those people would relinquish the right of representation in the legislature, a right inestimable to them, and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved representative houses repeatedly, for opposing, with manly firmness, his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the legislative powers, incapable of annihilation, have returned to the people at large for their exercise; the state remaining, in the mean time, exposed to all the dangers of invasions from without and convulsions within.

He has endeavored to prevent the population of these states; for that purpose obstructing the laws for naturalization of foreigners; refusing to pass others to encourage their migration hither, and raising the conditions of new appropriations of lands.

He has obstructed the administration of justice, by refusing his assent to laws for establishing judiciary powers.

He has made judges dependent on his will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of new offices, and sent hither swarms of officers to harass our people and eat out their substance.

He has kept among us, in times of peace, standing armies, without the consent of our legislatures.

He has affected to render the military independent of, and superior to, the civil power.

He has combined with others to subject us to a jurisdiction foreign to our Constitution and unacknowledged by our laws, giving his assent to their acts of pretended legislation:

For quartering large bodies of armed troops among us;

For protecting them, by a mock trial, from punishment for any murders which they should commit on the inhabitants of these states;

For cutting off our trade with all parts of the world;

For imposing taxes on us without our consent;

For depriving us, in many cases, of the benefits of trial by jury;

For transporting us beyond seas, to be tried for pretended offenses;

For abolishing the free system of English laws in a neighboring province, establishing therein an arbitrary government, and enlarging its boundaries, so as to render it at once an example and fit instrument for introducing the same absolute rule into these colonies;

For taking away our charters, abolishing our most valuable laws, and altering fundamentally the forms of our governments;

For suspending our own legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated government here, by declaring us out of his protection and waging war against us.

He has plundered our seas, ravaged our coasts, burned our towns, and destroyed the lives of our people.

He is at this time transporting large armies of foreign mercenaries to complete the works of death, desolation, and tyranny already begun with circumstances of cruelty and perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the head of a civilized nation.

He has constrained our fellow-citizens, taken captive on the high seas, to bear arms against their country, to become the executioners of their friends and brethren, or to fall themselves by their hands.

He has excited domestic insurrection among us, and has endeavored to bring on the inhabitants of our frontiers the merciless Indian savages, whose known rule of warfare is an undistinguished destruction of all ages, sexes, and conditions.

In every stage of these oppressions we have petitioned for redress in the most humble terms; our repeated petitions have been answered only by repeated in-

jury. A prince, whose character is thus marked by every act which may define a tyrant, is unfit to be the ruler of a free people.

Nor have we been wanting in our attentions to our British brethren. We have warned them, from time to time, of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity; and we have conjured them, by the ties of our common kindred, to disavow these usurpations which would inevitably interrupt our connections and correspondence. They too, have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity which denounces our separation, and hold them as we hold the rest of mankind, enemies in war, in peace friends.

We, therefore, the representatives of the United States of America, in General Congress assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the name and by the authority of the good people of these colonies solemnly publish and declare, That these United Colonies are, and of right ought to be, **FREE AND INDEPENDENT STATES**; that they are absolved from all allegiance to the British crown and that all political connection between them and the state of Great Britain is, and ought to be, totally dissolved; and that, as free and independent states, they have full power to levy war, conclude peace, contract alliances, establish commerce, and do all other acts and things which independent states may of right do. And for the support of this declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes, and our sacred honor.

Signed by

*John Hancock*

President of the Continental Congress

ILLUSTRATION/TED POLOMIS

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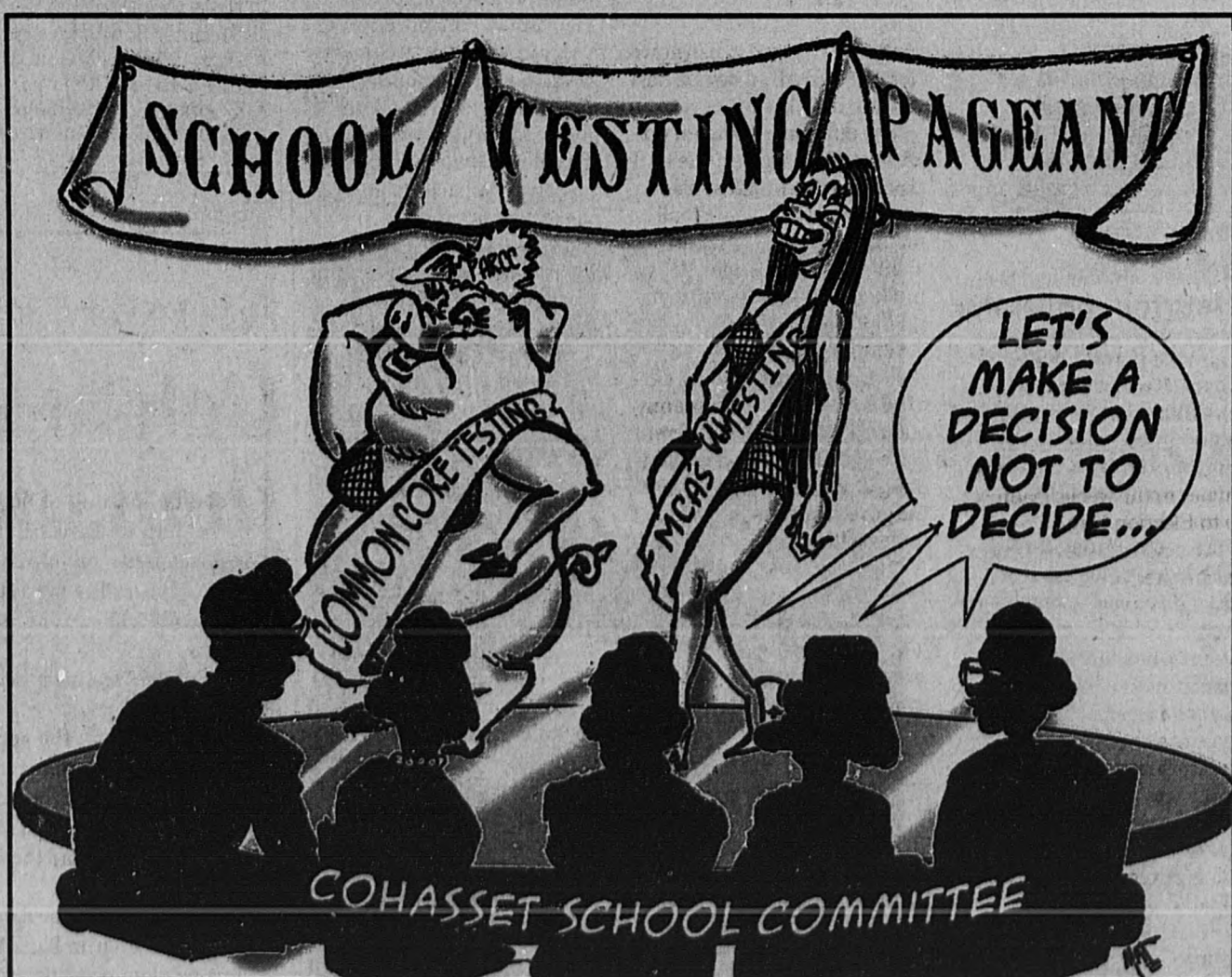
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### LIBRARY CORNER

## Artist reception is July 11

Paul Pratt Memorial Library is at 35 Ripley Road, Cohasset. Call 781-383-1348 to register or for more information or visit the website at [www.cohassetlibrary.org](http://www.cohassetlibrary.org).

Got a summer reading assignment? We have your books. Visit the library's cool and comfortable Young Adult Room and check them out.

**Closed Sundays** — The library will be closed on Sundays now through Aug. 31. Library materials may be returned 24/7 via the book drop.

**Artist Reception** — The South Shore Art Center presents a watercolor exhibit by Maureen Brookfield at the Paul Pratt Memorial Library July 1 through Aug. 31. Meet the artist at a reception at the library on Friday, July 11, 5 to 7 p.m. Free. All are welcome. Gallery hours: Mondays, Tuesdays, Thursdays, 10 a.m. to 8 p.m., Wednesdays and Fridays 10 a.m. to 5 p.m., and Saturdays 9 a.m. to 5 p.m.

**Device Advice** — Do you need help downloading ebooks to your portable de-

vice? Reference Librarian Gayle Walsh will be happy to provide assistance. Bring your iPad, tablet, or other ereader to the library to receive one-on-one support. Call ahead or stop by the reference desk.

**Ebook Survey** — The Massachusetts E-Book Project is looking for feedback and suggestions on their recently launched project. The project provides all libraries in Massachusetts access to a wide variety of ebooks with one's library card. Give the E-Book Project a try then take

the survey. A link to the short survey has been provided on the library's website. Click the Tell Us What You Think link to participate.

**Movie Matinee** — The next movie matinee will be on Friday, Aug. 1. Feature film "Gravity," starring Sandra Bullock and George Clooney will be shown. Rated PG-13; 91 minutes; 2013. Free admission. Light refreshments donated by Shaw's of Cohasset.



## GROWING ON THE FARM

# Tomatoes are in... the ground



JON BELBER

What a long strange spring it has been. It is common in June this year to keep a blanket at the end of the bed. Lots of summer crops do not like the chilly nights, starting with tomatoes, peppers and eggplant, along with watermelon and zucchini. A lot of summer program participants at the farm dress appropriately in layers due to the fickle weather and cool breezes.

Too bad the wacky weather has not brought in much soaking rain. Remember that the farmers, (the organic, all natural ones seeking sustainable practices) like a nice soaking rain in the evening, especially after transplanting a whole bunch of seedlings, while the sunshines brilliantly during the day. Though cool, the sun has reared its warm self on these long solstice days without enough moisture. The rain barrel runneth empty.

Most of the fields are dry, except a few whose long, tall grass (now mowed) hide the pent up mud by way of low elevation and snowy winters. The large multi-gallon tank remains at the ready and in use for germinating carrots and growing onions. One must adapt to the conditions, especially on a diverse farm where each field is its own climate and unique growing standards, err idiosyncrasies. This flexibility means the farmer (who has spent most of the off-season busily staring at spread sheets, interpreting soil tests and reading the latest no-till versus soil nutrient density arguments) must make special considerations for each field, and crop, so as to ensure viable

growth, cultivation and success.

That brings us to tomatoes in late June.

No they are not ready yet. And nor is the corn for that matter. Head lettuce galore adorns the farm stand along with radishes, arugula, kale, chard and Saturday morning yoga at 8 a.m., to name a few.

And speaking of individualizing characteristics, as to the transplanting of tomatoes, you cannot just sow a seed and hope for bountiful tomatoes and vegetables (hold the B)LT sandwiches come August. These 20 or so different varieties of tomato seedlings are nurtured from March until now, mostly in the greenhouse.

First, there are the tomato plants for the home gardener at the plant sale who does not have to worry about wet, rocky fields and then there are the plants for the fields, who have to wait for consistently warm nights, and days. These are tropical plants that prefer warm, hot days and nights, no temperature fluctuation please.

Once the farmer sees a National Weather Service advisory approved forecast of sun and warmth, only then can she turn the soil and begin to amend and prepare the fields and bed rows, at least 750 feet of tomatoes at 18 inches apart, in single rows. Amendments include lime, greensand and bone meal (each one adding a balance and nutrient specific intention), depending on those winter readings mulled over with a cup of coffee in February. Most amendments are added by a hard working hand broadcasting into the row and in some cases poured by measured cup into the hole that will hold the tomato. Once amended, the field is ready for the garden peach, yellow pear, san marzano, super sweet 100 and beloved sun gold.

The flats of fruits benefit

from being soaked in a tray of water before being gently coerced from their 2-inch pot, lower leaves pinched and plant heeled into the warm ground. But oh that warm, warm ground. The south coast farmer took the post hole digger from the tool shed to make headway into the rocks, sand, silt and clay, at the spot where the d.c. farmer had twice measured for said holes.

Young farmers in a dwindling teen program (they all else must be out sailing or sleeping away at camp) helped gingerly to set in these tomatoes in their proper place, where they (not the teens) will mature and bear ripening green, red, orange and even purple tomatoes as the Summer continues and reaches its height. The maturing teens are indeed welcome back to help stake, cultivate and weed as needed, as the program does run through August 15th. But there were also a couple, hardy, field volunteers who will weekly continue to come participate in this and other endeavors.

These timely facets of farming do take many members of the community to accompany the farmers' efforts and planning. Whoever comes to help, be it rain, sun, tools and labor, it is worth it to try and attempt for a diverse harvest and to care for the land, with diversity and natural practices. So even if the blanket remains at the end of the bed, may it not impede the growth in the tomato bed.

*Jon Belber is a Scituate resident and the education director at Holly Hill Farm in Cohasset. He teaches students and adults about organic gardening and farming. His column appears twice monthly in the Mariner. He can be reached by email at jbelber-hollyhill@hotmail.com. For information on upcoming programs at Holly Hill, visit www.hollyhillfarm.org.*

## VIEW FROM THE FRONT PORCH

# That was awesome



JOHN MCSHEFFREY

Do you recall the scene from "Airplane," when the guy directing the plane on the runway was asked where the forklift was, and he waved the light sticks, only to have the plane turn that way and crash into the terminal? That's basically how I felt last Sunday, when we volunteered to help out with the Cohasset Triathlon. Standing on the corner of Atlantic Avenue and Jerusalem Road, waving bikes to stay to the left and runners to stay to the right - or was it the other way around? No, it was definitely bikes to the left and runners to the right. It took me some time to get it correct, but I eventually did, without any major catastrophes.

Sunday was the first time the Cohasset Chapter of the McSheffrey family helped with the Cohasset Triathlon, and in a word it was awesome. It was awesome in so many ways but the main reason was that for a few hours I felt as if I was doing something positive, something impactful, and something significant to support the efforts to fight Type 1 diabetes.

Diabetes, Cystic Fibrosis, Multiple Sclerosis, Nephrotic Syndrome, hunger, and of course cancer, are some of the many causes that are part of an incredible movement of people getting out and doing "something" in the name of good. Walks, marathons, bike rides and triathlons are just some of the events people are organizing to help others, and they are working. All of these events are inspiring and are giving people a chance to get involved in a manner in which they feel that they are making a difference.

The evolution of these charitable activities has truly taken off over the past 20 or so years. Annual events like the Pan Mass Challenge and the Walk for Hunger have not only raised millions for worthy causes, but have also successfully built a bond between the supporters and the cause. According to the website charitynavigator.org, even in a

As I stood there on Sunday, looking up Atlantic Avenue with the amazing rocky coast in the background, watching the bikes and runners make their way to Sandy Beach; I started to cry - no kidding, thank goodness for sunglasses.

slower economy, personal giving to charities has been steadily rising in the U.S. reaching over \$223 billion in 2012.

Looking at these efforts, I believe that the participants can be broken down into roughly three categories. First, are those who have trained hard, are skilled in a particular event and out there competing. Next, are the masses that are moved/impacted by a cause, and want to show support, while getting some exercise and spend time with friends and family. The final category would be those who get involved because a cause has encompassed their lives, and they are passionately motivated by the belief that their efforts will have a positive impact.

For years, I was the classic case study for group number two. I enjoyed getting involved and supporting various efforts that left me feeling good about myself, but thankfully at an arm's length distance from truly being impacted. Walk for Hunger; yup I'm in. Christmas in the City; I'll write an article. Pan Mass Challenge; I'll put up some Sox tickets. Cohasset Food Pantry; let's see what the kids can accomplish. The Nephcure Walk; the entire family will always be there. All of these are great and important causes, but rarely was the impact personal. For me, that all changed in February.

As I stood there on Sunday, looking up Atlantic Avenue with the amazing rocky coast in the background, watching the bikes and runners make their way to Sandy Beach; I started to cry - no kidding, thank goodness for sunglasses. I cried because there they were hundreds of people swimming, biking and running through our cozy little hamlet-by-the-sea; hundreds of people who have never met our little girl, yet their efforts might help our little girl have a better and longer life.

That thought was simply awesome and it literally brought tears to my eyes.

I'd be remiss if I didn't tip my cap to Bill Burnett and his team for making Sunday's event such a success and for making Juvenile Diabetes Research Foundation (JDRF) an important focal point. They did a wonderful job and should be extremely proud of their efforts. While I can see how some may see an event like this being a momentary inconvenience, the value it brings to the town and the greater good it offers is quite remarkable.

Being part of last Sunday's triathlon was not only inspirational; it was a ton of fun. It was fun being out and making a difference, fun encouraging and cheering on the participants and fun getting a chance to meet others. A quick light hearted story; at one point a gentleman told me how impressed he was that I knew so many of the runners as I cheered them on by name. I paused for a moment and then had to admit that I was looking at the runners' bibs, which had their names as well as their numbers on them; so much for being impressive.

On Saturday, July 12, there will be a smaller more relaxed version of the triathlon; this one will be for kids between the ages of 6 and 14. Kids can participate individually, or as part of a team. Like last week's triathlon, a portion of the proceeds will go to support JDRF. We hope that there will be a couple of hundred children out exercising, having fun and being cheered on by their parents, friends and others. I'll be there. I'll be the guy in the red Tyabets T-shirt, smiling and wearing sunglasses.

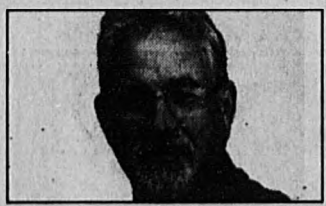
To learn more or to donate to JDRF, simply Google "Cohasset Junior Triathlon" or "The Tyabets."

As always, thank you for reading and I wish you and your family a wonderful and safe Independence Day.

*John McSheffrey has been part of the Cohasset community since 2007 and can be reached at jjmcs@aol.com.*

## CAMPAIGN VIEW

# Casinos and politics



RICK HOLMES

A campaign that had been looking for a theme found one last week, with a little help from the Supreme Judicial Court. Now casinos will be on the ballot, and on the minds of voters, as commercials pro and con crowd out candidate pitches in the weeks leading up to Election Day.

The political establishment had hoped it wouldn't come to this. After years of intense lobbying, the Legislature three years ago agreed, by large, bipartisan majorities, on a modest plan for up to three resort-type casinos and one slots parlor, with voters given a veto of any casino proposed for their community. Licenses have already been granted for a casino in Springfield and a slots operation in Plainville.

Whether Attorney General Martha Coakley's office tried to keep the casino repeal initiative off the ballot for legitimate legal or purely political reasons no longer matters. The SJC wasn't buying the constitutional arguments. Coakley is embarrassed either way, and the one thing all candidates for governor seem to agree on is that the voters should have a say.

But which voters? As is often the case in public policy, the question comes down to, "who decides?" Does the elected state Legislature get to decide how to legalize and regulate casino gambling? Should the voters get to reverse course three years into the process? Do the elected officials and voters of Springfield get to decide whether MGM's casino proposal fits into their community, or should voters in

Hopkinton and Williamstown and Boston's Back Bay be able to veto that plan?

The difference between policy and politics is that the emotion behind issues like gambling can drown out all nuance, scramble partisan alignments and shape attitudes about candidates in unpredictable ways.

Gambling is a rare issue that pulls from both extremes. Cultural conservatives and nanny state liberals may use different language, but they agree gambling is so bad for people that the government is justified in limiting it.

Then there are the moderates. They may be concerned about the downside of gambling, but they've been to a casino or two without being transformed into slots machine zombies. They may not want a casino down the street, but they aren't offended by one in Springfield, Everett or New Bedford.

Moderates care about economic development as well, and they'll welcome whatever jobs three casinos and slots parlor create. Polls show support for casinos on economic grounds has weakened as the economy has improved. Tell that to Springfield, which has an unemployment rate of 8.4 percent, compared to 5.6 percent for the state as a whole. There, MGM's \$800 million investment in a struggling downtown is seen as an opportunity, not a curse.

The casino question is already fueling primary battles in both parties. Democratic governor candidate Don Berwick is appealing to eat-your-vegetables liberals with his strong opposition to casinos in any form, while opponents Coakley and Steve Grossman oppose repeal, though without enthusiasm. Republican Charlie Baker also says he'll vote against repeal, though he's happy to see

it on the ballot. His nuanced position - he'd prefer one casino to three - won't spur enthusiasm in the anti-gambling crowd. Mark Fisher, Baker's tea party challenger, supports repeal, but on practical, not ideological grounds: He says private casinos will undermine the state's own highly-profitable Lottery operations.

Three independents running for governor are also split, with Evan Falchuk opposing repeal, Jeff McCormick favoring repeal on economic grounds and Scott Lively opposed to all gambling on moral grounds.

In a hotly contested Democratic race for attorney general, Maura Healey is staunchly in favor of repeal, while Warren Tolman, with strong labor backing, shows more enthusiasm for casinos than any other candidate.

There's no federal issue involved here, but that won't stop Republican Brian Herr, who is challenging Sen. Ed Markey, from bringing it up. As chairman of the Hopkinton Board of Selectmen, Herr led efforts to stop a casino just over the town line in Milford.

How this will play out in individual races is anyone's guess. The anti-casino crowd is louder than it is large. The moderates are OK with casinos, but not enthusiastic about them. The safest prediction comes from Secretary of State William Galvin, who said last week the ballot question should inspire "a very intensive turnout," - and a lot of money spent by companies that have already invested big bucks trying to bring casinos to Massachusetts.

*Rick Holmes writes for MassPoliticalNews.com and the MetroWest Daily News. He can be reached at rholmes@wickedlocal.com. Visit MPN online or follow @masspolnews.*

## PUSHING THE EDGE

# Celebrating more than the 4th of July



GLENN MANGURIAN

One of the most recognized set of words can be found in the Declaration of Independence drafted by Thomas Jefferson 388 years ago.

*"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."*

This one sentence changed the world. The passage represents a moral standard to which we indi-

...as we enjoy our cookouts and fireworks this Fourth of July, let's reflect on the meaning of the words of Jefferson.

vidually and collectively should strive. That sentence has stood the test of time and served as a beacon of light for our ancestors who were drawn from a distant land to an uncertain future but with the hope for a better life.

We are still discovering the meaning and implications of those words. The values of equality, life, liberty and the pursuit of happiness endure as a cornerstone of our society - a society that continues as a work in progress.

Over 1 million of our citizens have died defending those ideals. Today people from other nations are drawn to our country to seek a better life inspired by

the possibilities illuminated by the words. So as we enjoy our cookouts and fireworks this Fourth of July, let's reflect on the meaning of the words of Jefferson. We are the current stewards of those words and accountable to for passing on their meaning to the next generation. That is something worth celebrating.

*Glenn Mangurian is a Hingham resident of 25 years. He spends his time consulting, teaching leadership and writing to provoke thinking. He welcomes your comments and can be reached at gmangurian@frontier-works.com.*

## CSCR to offer marsh monitoring program

A Junior Marsh Monitoring program will be presented by Cohasset Center for Student Coastal Research. The program, an introduction to wetland monitoring and coastal research, will take place Mondays, Wednesdays and Fridays. Morning sessions will be from 9 to 11, afternoons from 12:30 to 2:30. Session 1 will meet July 7 through 18; Session 2: July 21 through Aug. 1; and Session 3: Aug. 4 through 15. Instructors are Gabe Goodman and Ben Buckley.

To sign up, visit [www.cscr.org](http://www.cscr.org) or call 781-385-1438.



NEWS

# Two new to ConCom

Selectmen make yearly committee appointments

By Erin Dale  
edale@wickedlocal.com

The Conservation Commission gained two brand-new members after the Board of Selectmen made a slew of committee and board appointments and reappointments on Tuesday night.

Selectmen voted to appoint Justin Pimpare, an environmental engineer, and Patrice Vogelmann, a marketing manager for Verizon, to the commission as associate (non-voting) members. Both positions are one-year terms. The two newcomers were vying for two open seats, along with William Henry Sr., who previously served as an associate commissioner and was up for reappointment.

The selectmen voted for each appointment separately, first voting on Henry, who lost the seat 2-3 with selectmen Martha Gjestebj, Kevin McCarthy and Karen Quigley voting against him. The board then voted to appoint Pimpare (the decision was unanimous, 5-0), then taking up Vogelmann (the vote was split 3-2, with Gjestebj and Quigley as the negative votes).

Henry tipped his cap to the new associates, saying that if it had come down to him and Pimpare, and the selectmen had voted to reappoint him, he "would have deferred to the engineer."

Selectman Steve Gaumer said that Henry bowing out was a "very graceful thing to do."

Selectmen chair Diane Kennedy said before the vote that it was a difficult decision. "We have three great people and two associate positions... Clearly it's an awkward situation. We want to make the board the best it can be [and] two new people bring a very different and important perspective."

Kennedy added that she personally felt having a woman on the commission was also important, and could lend a fresh perspective to any discussion.

## Committee appointments and reappointments

The following folks were appointed or reappointed to Cohasset boards and committees by the Board of Selectmen Tuesday night:

**Cable Advisory/Cohasset Community Television Co. (CCTV)**  
Pat Martin and Paul Carlson: both reappointed for one year

**Cohasset Common Historic District**  
Gordon Stevenson, Jr., reappointed for three-year position  
Colin Koch, appointed for one-year alternate position

**Community Preservation Committee**  
Russ Bonetti, Margie Charles, Susan Hoadley: all reappointed for three years

**Cohasset Cultural Council**  
Selene Carlo-Eymer, Susan Keene, Juliana Tiriyaki, all reappointed for three years

**Council on Elder Affairs**  
Elinore Barrett, Tana Carlson, and Susan Reagan: all for three-year full member positions  
Elaine Coyne: two-year associate

**Historic Commission**  
Todd Goff: reappointed for three-year term

**Open Space & Recreation**  
Richard Karoff: one three-year term

**Zoning Board of Appeals**  
Woody Chittick, three-year term  
Ben Lacy, one-year associate term  
David Morris, two-year associate position

McCarthy said that he only voted against Henry because he wanted to see someone with an engineering background on the board. He also wanted to see fresh blood on the board.

"I think it's important for new people in town to be involved in the community," said McCarthy. "It's a positive thing, and it helped sway my vote."

Gjestebj and Quigley both said in earlier comments that they wanted an engineer on board.

"I think we are lucky to have a gentleman who works for the government, plus is an engineer," said Gjestebj.

Quigley stated earlier in the meeting that the commission needed that type of expertise, stating that the commission's Conservation Agent, Paul Shea, "does not have the environmental engineering background." Kennedy asked Quigley to refrain from naming people personally in her comments.

Quigley backpedaled and said she has "great admiration" for Shea, but Kennedy cut in, "I would like the board to not make comments on individuals and their jobs, positive or negative; it opens up a can of worms."

Quigley also took Henry to task for his meeting attendance over the past year, claiming he missed 17 and participated remotely for two meetings.

Conservation Commission chair Jack Creighton defended Henry, stating that his wife has been ill. Henry countered that the commissioners are all volunteers and have obligations such as work, vacation or illness, and there should be a system in place so that board members can participate remotely. He noted that this is done in other meetings, including that of the selectmen - "The precedent has been set in town."

Quigley made her feelings known on other commissioners who were up for reappointment, also noting their attendance records. Some of the members were appointed three years ago in an unexpected shakeup that ousted three longstanding members, which Quigley opposed at the time.

"My views on individuals seeking reappointment are very well known - they were a political appointment," said Quigley. "I would ask to the board to at least consider, in the appointment of the asso-

ciate members, to bring in someone with the capability through education and experience, that was taken off the board and should be put back."

When it came time to vote on the reappointments, James Gilman was reappointed for a one-year term, while Alexander Koines and James Marten were both reappointed to serve another three-year term each. The selectmen were split on these votes as well: Gilman garnered three out of five votes (with Gjestebj and Quigley voting "nay"), while Koines and Marten were both reappointed 4-1 (with Quigley voting against).

The selectmen also made appointments and reappointments to several other committees and boards (see sidebar), including the Cable Advisory Board and Cohasset Community Television Co. (CCTV), the Community Preservation Committee, the Council on Elder Affairs, the Open Space and Recreation committee, and the Zoning Board of Appeals.

Follow reporter Erin Dale on Twitter. @ErinDale-Mariner.

# Sandy Beach open for summer!

Sandy Beach officially opened on Saturday, June 14, to clear skies and a clean beach. Natalie Foley is the new Beach Manager. There are seven fulltime lifeguards, nine part time lifeguards, seven gate guards and 10 Beach maintenance workers on staff for the Summer 2014 season. Lifeguards will be on duty from 9 a.m. to 7 p.m. daily through Labor Day weekend.

Sandy Beach Association has added new safety equipment, including a kayak that will be used to patrol the waters on busy swimming days. Sandy Beach Association is also working closely with Cohasset's police, fire, EMT and harbormaster for coordination in the event of emergencies at the Beach. There is an emergency call box being installed on the bathhouse that will transmit calls directly to 911.

The Sandy Beach Association launched a website for the beach to provide the Cohasset community with accurate, current and important information about Sandy Beach. Local resident, Doug Eymer of Eymer Designs, developed the Sandy Beach website, located at: cohassetsandybeach.com. It provides information on the local tide charts, weather, history of Sandy Beach and links to water testing as well as other important features. It also serves as an important source for current information on beach closings due to weather, water pollution and other events related to the beach. The Sandy Beach Association has also launched Facebook, Instagram and Twitter accounts to keep the community connected with up to date information, events, news and photos from Sandy Beach. The links to these sites are available on the website.

The Sandy Beach Association sent out its annual

fundraising appeal letter to Cohasset households last month, asking residents to donate to the non-profit fund. Sandy Beach cleanup and maintenance, lifeguard and beach maintenance staffing, and upkeep and repairs to the bathhouse are paid by the Association through these donations. The beach does not receive any town funding or assistance to ensure that this valuable resource is made available to residents of Cohasset or any outside assistance to pay for the staffing or maintenance of the beach. A list of donors will appear in the Mariner at the end of the summer season. Sandy Beach Association is asking Cohasset residents to be mindful when donating to the high costs of keeping Sandy Beach a clean, safe and assessable asset of our town. Online donations can be made through the website at: cohassetsandybeach.com.

**Facilities stickers:** All facilities stickers are for sale at Town Hall. Stickers are required for all cars to park at Sandy Beach. The proceeds of the all facility stickers do not go to Sandy Beach but to the Town of Cohasset. Sandy Beach is maintained and run solely on donations. Parking fines for parking without a permit is \$50.

For more information on Sandy Beach, visit www.chohassetsandybeach.com or email the trustees at info@chohassetsandybeach.com.

**Prohibited:** The following rules are issued to assure the safety of beach visitors and to protect the environment:

**Prohibited:** Alcoholic beverages, dogs between 8:30 a.m. and sunset, flotation devices, glass containers, open fires, rock climbing, walking on dunes, water craft in marked swim area, fishing, launching boats, canoes, kayaks and scuba diving.



# Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) \* Not every item is voted on by both House and Senate

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Senator  
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(R-Weymouth)  
617-722-1646  
Room 313C



Representative  
Garrett J. Bradley  
(D-Hingham)  
617-722-2520  
Room 479

Y	Y
*	Y
Y	*
Y	*
Y	*

THE HOUSE AND SENATE: Beacon Hill Roll Call records the votes of local representatives on two roll calls and local senators on four roll calls from the week of June 23-27.

## NURSE STAFFING RATIO (H 4228)

House 145-0, Senate 39-0, approved and sent to Gov. Deval Patrick a bill that would establish nurse staffing ratios in intensive care units of hospitals. The measure would limit the ratio to one nurse for one patient, or one nurse to two patients in special circumstances as assessed by the nurses on that unit.

Supporters said this will protect and even save the lives of critically ill patients. Some noted this is the first step toward the goal of having staffing ratios in every unit in every hospital.

(A "Yes" vote is for the bill.)

## SUPER PACS (H 4226)

House 145-4, approved and sent to the Senate a bill requiring super PACs to release the names of their contributors within seven days of running an ad. Other provisions require the names of the PACs' top five contributors who donate over \$5,000 to be revealed in any ad aired by the PAC and raise from \$500 to \$1,000 the maximum individuals can contribute to any one candidate in a calendar year.

Under current law, these PACs don't have to reveal their donors until just a few days before the primary election and later shortly before the general election. The PACs are created to help candidates and are often run by the candidate's former staffers or associates who use the PAC to fund positive ads about the candidate and/or run negative ads against the candidate's opponents. A candidate's own committee's contributions are limited by federal law but super PACs can legally accept unlimited donations.

The bill was filed in response to a Supreme Court decision ruling that the First Amendment prohibits the government from restricting corporations, unions and individuals from donating unlimited funds to PACs that do not donate directly to candidates or political parties. Critics say the decision has led to corporations, unions and wealthy individuals contributing hundreds of millions of dollars to PACs and having an undue influence on elections that is drowning out the voices of everyday Americans. Supporters of the ruling hailed it as a victory for freedom of speech.

Supporters of the bill said that while the state cannot overrule the Supreme Court, it can ensure that voters are regularly informed who is funding these influential PACs. They said it will shine the light on this "dark" money.

Opponents said the bill does not go far enough on several counts to make true campaign finance reforms. They noted it still allows unions to contribute excessive money to campaigns.

(A "Yes" vote is for the bill. A "No" vote is against it.)

## COSTS OF HEALTH CONNECTOR PROBLEMS (H 4217)

Senate 7-27, rejected an amendment that would require the state's Inspector General to conduct a review and provide the Legislature with a report outlining the costs and financial impact of the Health Connector's failed website. The amendment was proposed to a bill that would fund the state temporarily until the Legislature approves a fiscal 2015 budget.

Amendment supporters said the Patrick administration has promised but keeps delaying providing this information. They argued it is important to figure out what went horribly wrong with the website and what the financial impact is.

Amendment opponents agreed that the website was a disaster but said the Patrick administration has already agreed to provide this information. They noted that adding amendments to this temporary budget will delay its progress and argued the temporary budget must be passed quickly or the state will run out of operating money.

(A "Yes" vote is for the report. A "No" vote is against it.)

## ILLEGAL IMMIGRANTS (H 4217)

Senate 9-28, rejected an amendment requiring the state to submit a report on the details of and the cost to the state of the recent transport of illegal immigrants to the Hanscom Air Force Base and Logan Airport by Federal Immigration and Customs Enforcement (ICE). The amendment was proposed to a bill that would fund the state temporarily until the Legislature approves a fiscal 2015 budget.

Amendment supporters said taxpayers have a right to know the details and cost, including whether any detainees were released from federal custody into the state and whether the state has provided any detainees with state benefits.

Amendment opponents said they weren't necessarily opposed to the idea but noted that the passage of this temporary budget cannot be delayed or the state will run out of operating money.

(A "Yes" vote is for the report. A "No" vote is against it.)

## FLOOD INSURANCE (H 8788)

Senate 34-3, approved a bill that would prohibit creditors from requiring homeowners to purchase flood insurance in amounts that exceed the outstanding balance of their mortgage. Other provisions prohibit lenders from requiring coverage for the contents of a home or including a deductible of less than \$5,000.

Supporters said this would help reduce premiums for homeowners affected by new federal regulations that threaten to drive up the cost of flood insurance. They noted that homeowners would still have the option to buy additional insurance coverage.

Opponents expressed concern that the bill would leave some homeowners with insufficient insurance and said the bill protects banks at the risk of homeowners.

The House has approved a different version of the measure. The Senate version now goes back to the House for consideration.

(A "Yes" vote is for the bill. A "No" vote is against it.)

## ALSO UP ON BEACON HILL

**WELFARE CHANGES (S 2212)** - The Senate, on a voice vote without any debate or roll call, approved a bill making many changes in the state's welfare system. A key provision increases penalties for store owners who knowingly allow the purchase of prohibited products or services with an EBT card. The measure also mandates that applicants search for a job prior to receiving cash assistance. Current law gives recipients a 60-day window after they start receiving benefits before they are required to look for employment.

Other provisions change the exemption from the work requirement for women in the last four months of pregnancy to the last month of pregnancy unless there is a documented medical issue; reduce the period for an extension of benefits beyond the 24-month period from six months to three months; create a job diversion program to connect able-bodied individuals with full-time jobs before they start receiving benefits; and changes the school attendance requirement from age 14 to age 16 and allows participation in an alternative education program or education development program to also meet the school attendance requirement.

Supporters say this long overdue overhaul of the welfare system is firm, fair and honest and will crack down on welfare abuse while offering many poor people a road to economic independence. Some opponents say the bill goes too far and will hurt many families and elderly and disabled persons. Others say the bill does not go far enough in cracking down on welfare abuse.



NEWS

# State dismisses age discrimination complaint

By Erin Dale  
edale@wickedlocal.com

An age discrimination complaint against the town has been dismissed.

The Massachusetts Commission Against Discrimination (MCAD) issued a report on June 24 dismissing a complaint filed by a former town employee in October 2012, citing a "lack of probable cause."

Mark Brennan, former special assistant to the town manager, was 64 years old when he filed his complaint against then-acting town manager Michael Milanoski, alleging age discrimination after Milanoski laid off Brennan and fellow employee Tom Gruber, who was 76 at the time.

The two retired engineers were hired as special town employees in 2005 to oversee various projects in town, including the commuter rail construction, and were dubbed "The Greenbush Guys."

Former Town Manager Michael Coughlin promoted Brennan to project director in 2011. In January 2012, Coughlin gave both Brennan and Gruber new contracts and raises, which were rescinded by the Board of Selectmen in March 2012, shortly after ousting Coughlin and appointing Milanoski.

Both employees were laid off by Milanoski shortly after; the acting town manager also instituted a spending freeze in all departments that spring, stating at the time that there was not enough money in the town budget to pay Brennan or Gruber.

While Milanoski kept Brennan on as a part-time consultant, Brennan said in his complaint that the acting town manager "continued to be degrading" of him, "stripping him of his office," and was "unavailable" when Brennan tried to speak with him.

Milanoski later hired a full-time Director of Project Management and Planning, Brian Joyce, who was 39 at the time.

Brennan then filed his complaint, alleging that Milanoski, who was 43 at the time, was discriminating against the older employees.

In his response, Milanoski stated that he did not hire Brennan for the full-time director role because he lacked the qualifications. He also denied refusing to meet with Brennan, and alleged that Brennan mishandled projects he was in charge of when he worked for the town.

The MCAD's investigation concluded that Brennan was not discriminated against particularly when he applied for the project manager position because he simply did not possess the required qualifications.

Town Manager Chris Senior said of the report, "The MCAD finding clearly states there was no evidence that the Town acted in a discriminatory manner when it let Mr. Brennan go. We are hopeful that this clear and unequivocal finding will put this matter to rest."

## BUDGET

Continued from 1

to join their "Budget Consortium," pitching in \$3,000 in a crowd-sourcing campaign to further develop the program and create a "more robust software platform."

"It's not a business we're trying to build," Jones said of the consortium. "It's a mission those of us committed to transparency are trying to do."

Cohasset officials were eager to get onboard. Senior told the selectmen that the town has money in the IT budget to pay for software, and can afford the \$3,000 to join the initiative.

"I think it's going to make the budget a lot more accessible, both internally and to residents," the town manager said.

While Senior said he did not need the selectmen's approval to move forward, he would appreciate an affirmative vote. The board voted unanimously (5-0) in favor of the expenditure.

"I think it's a great step forward to engaging the com-

## Budget transfers

The Board of Selectmen voted on Tuesday, July 1 to approve over \$80,000 in year-end line item transfers in the Fiscal Year 2014 budget. Fiscal Year 2015 started on Tuesday.

Finance Director Mary Gallagher explained that the monies were being transferred from various town accounts into other accounts in order to meet projected shortfalls. One of those shortfalls could be in the water department - Gallagher said the department is short on revenue and could end up with a retained earnings deficit.

Selectmen chair Diane Kennedy suggested holding a joint meeting with the water and sewer departments. Town Manager Chris Senior said he has been attending water commission meetings, and said he would "get a clear answer from them on receivables." Senior also promised a "full update in two weeks; we are still closing the books" for FY14.

Look for more on this issue in an upcoming edition of the Mariner.

## "I think it's a great step forward to engaging the community in the details of the budgeting process."

Selectmen Chairman Diane Kennedy

munity in the details of the budgeting process," said selectmen chair Diane Kennedy.

Once Senior signs the agreement with Visual Budget, "We go live," he said. Co-

hasset's Visual Budget website address will be www.cohassetvisualbudget.org.

Follow reporter Erin Dale on Twitter @ErinDale-Mariner.

UPDATE

## Litter dump

The Cohasset Conservation Commission has issued an enforcement order for a 27-year-old Cushing Road resident who was summoned to court for illegally dumping yard debris off

Cushing Road in the Ellms Meadow well field. The well field supplies public drinking water to the town.

According to police, the latest complaint came in at 7:34 p.m. on Saturday, June 14 after the man had been warned over the previous

two weeks. Police have photos of the debris and a witness.

Conservation agent Paul Shea said that the ConCom is slated to review the matter during the Thursday, July 10 meeting.

BRIEFLY

## Pole hearings are continued

The Board of Selectmen voted Tuesday night to continue two pole hearings to their Tuesday, August 5 meeting.

Both hearings deal with requests from National Grid, the Massachusetts Electric Company and Veri-

zon New England to install poles on Cedar Street and Jerusalem Road. Abutters to the proposed poles wrote emails to the selectmen expressing their concerns, and a few attended Tuesday's hearings.

The Selectmen asked the National Grid representative who attended the meeting to look into alternatives,

such as a composite replacement pole instead of installing all new poles. Both hearings will take place on August 5; the Cedar St. pole hearing starts at 7:10 while the hearing concerning Jerusalem Rd. starts at 7:20.

Look for more on this issue in an upcoming edition of the Mariner.

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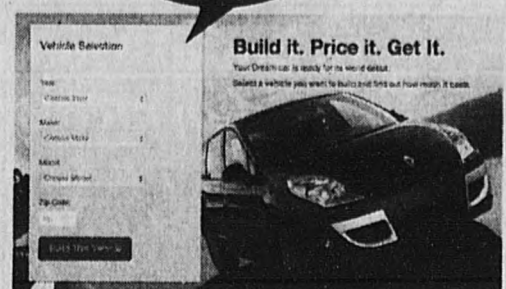
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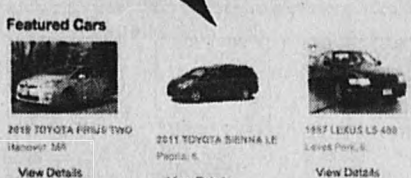
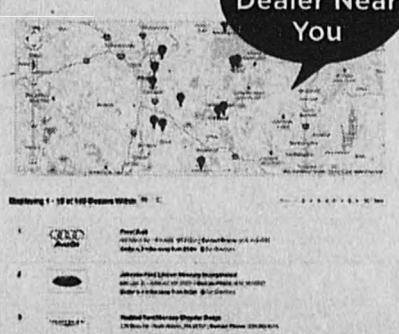
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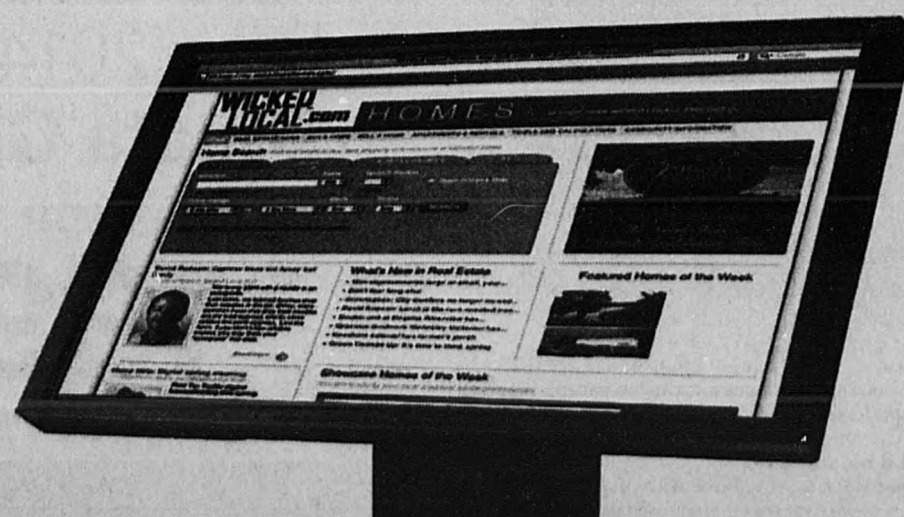
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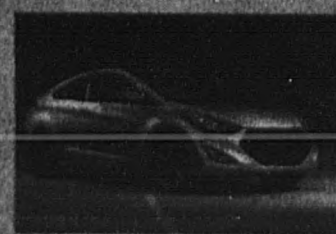
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# SPORTS

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QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or [wwassersug@wickedlocal.com](mailto:wwassersug@wickedlocal.com)

## SPORTS NOTES

### SPORTS



### Send your stuff

William Wassersug is the Sports Editor for the Cohasset Mariner.

Please send your stories and photos or story ideas to [wwassersug@wickedlocal.com](mailto:wwassersug@wickedlocal.com) and follow him on Twitter @scifisportsguy

### FIELD HOCKEY

#### 2014 Clinic

The Cohasset Field Hockey Boosters and former star Sage Stebbins will host a field hockey clinic July 21-24 from 9 a.m. to 11 a.m. at Cohasset High School's Alumni Turf Field.

The clinic will be coached by Cohasset High School graduate Sage Stebbins who now plays at Division 1 College Siena.

This clinic is offered to all rising sixth-ninth graders who are interested in learning to play field hockey and to improve their skills/overall knowledge of the game.

The cost is \$75.00.

A \$50 non-refundable deposit, along with attached waiver, can be mailed to:

Sage Stebbins  
25 Standish Avenue  
Scituate, MA 02066

If you have any questions you can reach Stebbins at: Email: [sagestebbins@gmail.com](mailto:sagestebbins@gmail.com) Or Cell phone: 617-750-7243.

### YOUTH FOOTBALL AND CHEER

#### Avoid late fees

Sci/Coh Football and Cheerleading registration is still open, but late fees went into effect July 1.

Please go to [www.scicohfootball.com](http://www.scicohfootball.com) to sign up.

Every child that signs up will play or cheer no cuts, that means everyone that signs up will play.

For Football there are weight restrictions and players will play with kids in their own age group.

Any questions please call Chris Comeau at 781-910-4070

SEE NOTES, 16

## COHASSET TRIATHLON

# Family Affair for Frames



The first wave of elite athletes race into the waters off Sandy Beach at the start of the Cohasset Triathlon.

## Husband and wife first locals over the line

By John Johnson

Jim and Molly Frame had good reason to throw a party Sunday afternoon. The husband and wife triathletes both turned in top performances at the annual Cohasset Triathlon, then hosted 300 racers and friends at their Cohasset home.

Jim Frame finished fifth overall and was the first local competitor to cross the line in 57 minutes and 15 seconds. He was a little over three minutes behind overall winner Dustin Weigl

of Cambridge.

Molly Frame finished first in the 40- to 45-year-old category, covering the quarter-mile swim, 12-mile bike and 3.2-mile run in one hour, 8 minutes and 59 seconds.

"Molly is the triathlete of our family," said Jim Frame, who has hosted the post-race bash with his wife for several years. "She keeps getting faster. I've plateaued, but every year she gets faster."

Jim Frame, a high frequency trader, didn't exactly put in a shoddy perform-

ance, exiting the water in 5:48, taking 29:15 to complete the bike route, and 20:46 for the run.

"A bunch of us train together and we're all amazed by Jim's abilities," said Al Stefan, 47, of Cohasset, who won the men's 45-50 age group in 1:02:35. "They both had a great day."

Molly Frame finished the swim in 7:07, completed the biking portion in 35:50, and the run in 23:50, setting a

SEE TRIATHLON, 17

## COHASSET TRIATHLON



Crandon Leahy (Cohasset), Dan Farley (Cleveland Ohio), Tessa Leahy (Cohasset), Taylor Leahy (Larchmont, NY), Erin McNiff (Marshfield), Sam Leahy (Cohasset, MA), Brooke Leahy O'Connor (Larchmont, NY), Jack Leahy (Hingham), Meagan Leahy (Cohasset), Danielle McNiff (Marshfield), Julia Leahy (Hingham), Rory O'Donnell (Quincy), Lizzy Leahy (Hingham), Noah Ellis (Hingham) and missing in the crowd Rob Farley (Darien, CT) and Bill Farley (Charlotte, NC) COURTESY PHOTO/DAN LEAHY

# All in the family

It has been said that this year's Cohasset Triathlon was a family affair, considering the fact that Cohasset locals Jim and Molly Frame were the first two Cohasset residents to cross the finish line. Still, the Leahy clan, led by Dan Leahy, may have had that beat, with 14 of his children, nephews,

nieces and significant others taking part in the festivities.

Cohasset's Sam Leahy, who plays college lacrosse, topped the family finishes with a fourth-place (176 overall) finish in the Men 20-24 Division at 1:13:35.2.

That finish was just seconds ahead

of Crandon Leahy, who finished 1:13:42.2 for a seventh-place (178 overall) in the Men's 25-29 Division.

Taylor Leahy wasn't far back either, finishing eighth in the Men 30-34 Division (182 overall) at 1:13:57.4.

## WIFFLE BALL/ROLLER HOCKEY

# Murray stays busy with charity tourney

Sailor hockey legend giving back to community

By William Wassersug  
[wwassersug@wickedlocal.com](mailto:wwassersug@wickedlocal.com)

Scituate's Jamie Murray is a pretty busy guy these days, but he doesn't mind considering the nature of his work.

Murray, a Scituate High School graduate, was one of the best goalies in SHS hockey history, and is currently heading into his junior year as a goalie at Babson College, but during the summer months, he takes on the mantle of Tournament Director for a pair of charity tournaments in Scituate.

In a couple of weeks, July 12, between 14-16 teams will hit the roller hockey rink for a tournament benefitting the Derek Hines Soldier Assistance Fund.

After that he'll turn his attention to his annual Cure for Cole Wiffle Ball Tournament to benefit Cole Pasqualucci, a neighbor of Murray's who

SEE TOURNEY, 16

## KNOCK ON WOOD

# Wood's World Cup Tour

From Brazil to Portugal and back to the U.S.



RYAN WOOD

It wasn't exactly the scenes you see on the streets leading up to a U.S. Men's National Team match, hundreds of fans walking from a bar to the field with American flags held

up high, chanting one song after another, but it had that feel.

Stepping off the Red Line at the JFK/UMass stop Thursday, three hours prior to the U.S. vs. Germany final group stage match, a small sea of U.S. national team supporters headed in the same direction, snaking through the T station down to the street, before trekking onward. Everyone was go-

ing to the same destination - The Banshee in Dorchester. The small pub is the "official" bar of the American Outlaws Boston chapter. The American Outlaws being the official supporters' group of the U.S. national team.

To anyone else, it looked like a bunch of us were a week early for a Fourth of July parade. Many were

SEE WORLD CUP, 16



North Attleboro native Geoff Cameron, right, in a pre-World Cup match against Turkey. PHOTO BY EMILY ROGAWSKI



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## PLYMOUTH PILGRIMS

# Passing with flying colors

By David Wolcott  
dwolcott@wickedlocal.com

**PLYMOUTH** - All you need to know about the amazing success of the Plymouth Pilgrims this summer is they may have more wins in June than they had all of last season.

The Pilgrims came out of the gate with something to prove this summer, and they've been proving it time and time again against the rest of the competition from around the New England College Baseball League. Despite a 4-3 loss to the Mystic Schooners Sunday that ended an eight-game winning streak, the Pilgrims are safely on top of the Southern Division of NECBL with a record of 13-3.

"It's a tough thing to put a finger on. It's the combination of a lot of things coming together and going right for us," Manager Greg Zackrisson said. "This team has got a tremendous attitude right down the line. They come to the ballpark ready to play baseball, work hard and have some fun. They enjoy being around one another, and everyone has come through when they've been given the chance."

The Pilgrims have handled their business on the mound and at the plate. Three regular pitchers have yet to surrender an earned run, and three more have a sub-2.00

earned run average through 16 games.

Plymouth has also been tearing the cover off the baseball at the plate. Six hitters are still over the .300 mark, including Mike Martin (Harvard), who leads the team with a lofty batting average of .368.

With all that's gone right so far, the Pilgrims have a chance to improve in the second half of the season. They control two players from the national champion Vanderbilt baseball team. Left-handed pitcher Ben Bowden should join the team by the end of this week, but outfielder Bryan Reynolds will not be coming to town this summer after accepting an

offer to play with the Team USA program.

There is also a chance that the team could add some more players from the Cape Cod League for the second half of the season.

Plymouth's offense was never better than Thursday night when the team put together a 20-hit attack to trounce the Valley Blue Sox, 17-3. Six Pilgrims starter had multiple-hit games, with Vinny Guglietti (Quinnipiac) at the top of the hit parade. He was 5-for-6 and just a homer short of the cycle with three singles, a double and a triple to go along with two runs scored and seven RBI.

He was not alone in the Blue Sox throttling. Brent



Northeastern University product Nicholas Berger has not allowed an earned run in 17.1 innings this summer for the Plymouth Pilgrims. PHOTO/DAVID MORRISON

Rooker (Mississippi State) had four hits, including his second home run of the season. Mike Martin (Harvard) made three hits, while Tom

Roulis (Dartmouth College), James Bunn (Virginia Commonwealth, four runs scored) and Matt Walsh (Franklin Pierce) each had a pair of hits.

## WORLD CUP

Continued from 15

dressed in red, white, and blue, some with American flags draped over the shoulders, some with goofy looking hats or glasses only acceptable on the Fourth, or when you're rooting on the USA in the Olympics, or, the World Cup. There were some diehard supporters there, some looking more ready to rob a bank than watch a game, wearing red, white, and blue handkerchiefs over most of their face.

The bar was three-quarters full by 10 a.m., two hours before kickoff. It was insane. You could hear the chants and songs from the streets. Once you walked in, you were in a whole new world, and for the next five hours, it was a time of highs and lows, cheering one minute, groaning the next. But we all kept the faith, and by the time the game ended, albeit a loss to Germany, the U.S. advanced thanks to Portugal's win over Ghana.

When the World Cup kicked off June 12, I thought, 'hey, why not watch the game with as many different countries' supporters as possible.' So, Wood's World Cup Tour began June 12

when Brazil opened the tournament against Croatia. Where to watch this match was a no-brainer, really. Rio's Steakhouse in North Plymouth, my old neighborhood, was the ideal spot. Frankly, there aren't any great Brazilian spots on the South Shore, so this would've won by default anyhow.

Just to make sure they were playing the match, I called Rio's a few days prior. I didn't even have to ask, 'are you playing the Brazil vs. Croatia game?' Simply, it was, 'are you showing the game.' I mean, Brazil game days in international competitions are essentially a party at Brazilian establishments here in the U.S.

What I like most about Rio's is its setting. There was one TV, a relatively small one (compared to most bars). The bar comfortably sat eight or nine people. Behind that, a few small tables made for great viewing, even though we all were glued to a tiny TV. I felt it only right to let the Brazilians get the best seat in their own house, so a friend and I grabbed a small table. Nearly everyone there was wearing Brazil's colors - yellow and blue. Some sported Neymar's jersey. I kept it simple, wearing a

Chelsea T-shirt. At the very least, I showed a hint of support for Brazil with the likes of Chelsea's Willian, Oscar, Ramires, and David Luiz all playing for their country. I didn't wildly celebrate goals like everyone else there, but the atmosphere was electric. Granted, I couldn't breathe after devouring meat for an hour at their fantastic buffet, but all in all you were engulfed in World Cup fever from the first match of the tournament.

If you get the chance to watch a match with Brazilians, do so at a Brazilian restaurant. You can't beat the food and liveliness, not to mention seeing the passion when Brazil scores, or groaning when they concede a goal or get tackled. But when they score or win, even the employees go nuts. During the 2006 World Cup, me and a few friends went to the Brazilian Grill in Hyannis to watch a group stage match. The bartender was dancing on the bar when Brazil scored, and everyone acted like it was normal.

My 2014 World Cup tour continued six days later when the U.S. opened group stage play against Ghana, our nemesis, and the reason the U.S. went home early at the past two World

Cups. I went over to the Cask and Flagon in Marshfield and was curious to see the turnout. I figured at the very least that the Cask would have the game on a few of its 5,000 TVs, but to my delight, it was on about 95 percent of them. Not only that, U.S. fans starting flocking to the bar and restaurant in the half hour leading up to the start of the match. By kickoff, the bar area was packed. Nearly everyone sitting at the bar and the tables within view wore something U.S. related, from old national team jerseys (unfortunately not the denim-inspired 1994 ones) to throwback Starter jackets adorned with stars and stripes, something you could only wear in this type of setting. Who says we don't like soccer here in the U.S. I've never seen a "Red Sox" bar so full of soccer fans.

When Clint Dempsey scored in the first minute, the Cask erupted. Fans cheered, hi-fived, chanted, "USA, USA," and were buzzing. The emotions turned sour when Ghana equalized, but John Brooks brought the Cask back to life with his goal late in the match.

My next stop on my World Cup tour brought me to Portugal, just a few hours and 3,000 miles west of Portugal. I met up with my Portuguese friends and watched it at their house, right here on the South Shore. I love watching soccer with Portugal fans, especially those who were born in Portugal or the Azores. Most of these people are from

the Azores. When I see some of them on occasion, I usually tell them Cristiano Ronaldo is overrated and players like Dempsey or Landon Donovan are better. This usually results in a barrage of swears - in Portuguese - being hurled at me. I love it. I don't understand a single word, but after their fit, they usually hug me, shake hands, or give me a beer.

So, this time around, there were far fewer of them, so dealing with Portuguese banter during the match was practically non-existent. My friend, whose parents were born in Portugal, was born here in the U.S. Sporting a Portugal jersey, he didn't mind if the U.S. won. It was kind of a win-win situation for him, but his heart was with Portugal. He bemoaned Portugal's tactical decisions and poor play and celebrated their goals, including the gut-wrenching one that tied the match in the 94th minute.

Where to next? Well, I searched for bars, restaurants, establishments, anything from Cape Cod to Boston that served as "official" viewing spots for fans of the Netherlands, Russia, and Croatia. The Dutch call The Greatest Bar in Boston home, but going there at noon on a Monday in the middle of deadline wasn't ideal. I couldn't find a Russian viewing party. Well, I could have gone to a Russian restaurant in Boston, but on second thought, I said no. This was 100 percent authentic Russian, from the owner all the way to the dishes they served. I was-

n't really feeling it.

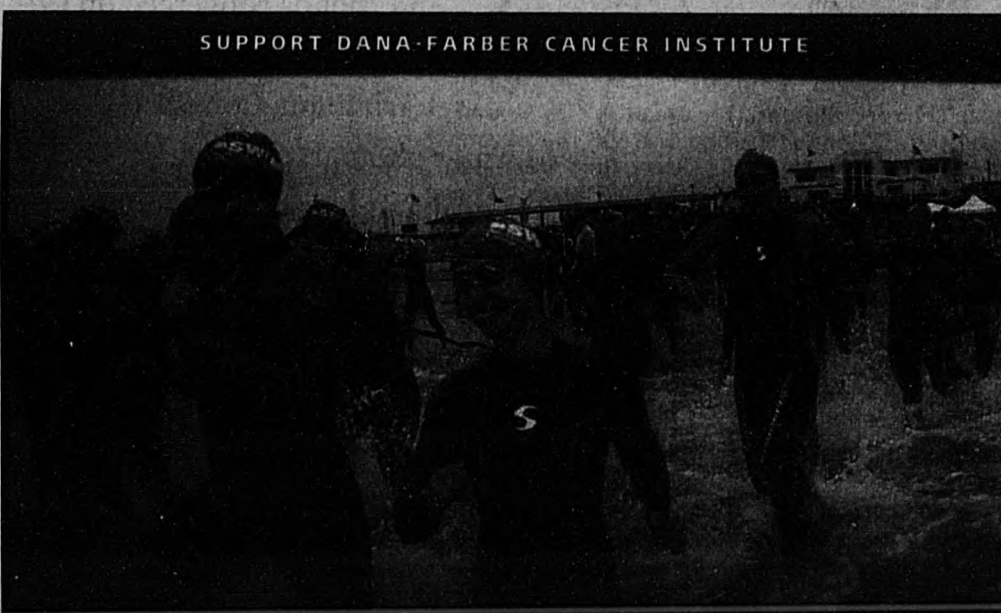
I then found what appeared to be a place that served Croatian food and was airing World Cup games. The only catch here, however, was that the owner was Bosnian (not a good mix with Croatia) and the head chef was Brazilian. I skipped those matches, DVR'd them, and watched them after work.

My daughter and I watched one of Argentina's matches from home. She's suddenly become obsessed with Messi. This obsession has gotten to the point that she now asks to go to On Demand and watch any Argentina game while she's eating breakfast. I asked what will happen if the U.S. and Argentina both advanced in the Round of 16 and had to play each other. "Well," she said. "We can watch a USA game anytime and cheer them on. How often do we get to see Argentina? I'm cheering for Messi." Yeah, I can see her point.

What the future holds for Wood's World Cup Tour depends on who advances. If the U.S. keep going, it's back to The Banshee. If the final pits the Netherlands, Germany, or France vs. Brazil, I'm going back to Rio's.

To be continued ...

Ryan Wood is the sports editor for the Marshfield Mariner, Norwell Mariner, and Pembroke Mariner & Express. Follow him on Twitter @RWsports or email him at rwood@wickedlocal.com



## MAKE A SPLASH FOR DANA-FARBER CANCER INSTITUTE

### SWIM ACROSS AMERICA

MAKING WAVES TO FIGHT CANCER

Swim alongside U.S. Olympic swimmers and raise money for cancer research and survivorship

Proceeds for the Boston events benefit the David B. Perini, Jr. Quality of Life Clinic at Dana-Farber Cancer Institute and other cancer organizations

**JULY 11**  
BOSTON HARBOR  
22-mile relay swim

**JULY 12**  
NANTASKET BEACH  
1-mile competitive or 1/2-mile recreational swim

[SwimAcrossAmerica.org](http://SwimAcrossAmerica.org)

**DANA-FARBER**  
CANCER INSTITUTE

The **Jummy Fund**

**WICKED LOCAL**

## TOURNEY

Continued from 15

has a rare kidney disease called focal segmental glomerulosclerosis.

The day is set up to be a fun day of wiffle ball in an environment that continues to grow.

The first year of the tournament, Murray had 27 teams. Last year, he had 44 teams playing on 11 fields at Scituate's Central Field.

He's hoping for even more this year for the tournament that is open to everyone regardless of towns.

At the moment, there are only a few teams registered for the wiffle ball tourney, but Murray isn't worried.

He's got to get the hockey tournament finished first.

"Derek was the brother of one of the seniors on the hockey team last year," Murray said. "He passed away in action a couple of years ago."

A 2003 graduate of the United States Military Academy, 1st Lieutenant Derek S. Hines, 25, died on September 1, 2005, in Bagram, Afghanistan. His unit was conducting security opera-

tions and came under attack by enemy forces using small arms fire. Even after he had been fatally shot, 1LT Hines continued to fire at the insurgents. Derek showed that same fortitude in everything he did.

The Soldier Assistance Fund intends to provide financial assistance to Massachusetts soldiers, and their families, who have incurred serious, career ending, and life altering injuries while on active duty.

For more information, visit <http://www.derekhinesfund.org/home>

Last year, the Roller Hockey Tournament benefited the One Fund.

Murray said he's learned a lot over the years.

"As the years go on, it takes up a little less time," he said. I'm more efficient. When I started it, it took up my whole summer. Now I know what needs to be done."

The roller hockey tournament is more low key, Murray said.

"It pretty much sets itself up," he said. "That tournament is mostly making sure there's enough food, water, etc."

Getting back to wiffle ball,

Murray admits it is a passion, partly because the recipient of the aid is a friend.

"Cole is doing well," Murray said. "He's always in good spirits."

The wiffle ball rules are simple and the style is laid back.

"The competitiveness varies," he said. "We try to remember the day is about coming out and having fun playing wiffle ball for a good cause."

Anyone can play.

There is no base running, and pitching is medium speed. Taped bats and balls are not allowed. Hits are determined by a singles, doubles, and triples line and of course there will be fences, provided by Eric Gill, who had run a Homerun Derby.

Batters get three strikes or six balls and teams are made up of three-to-five players.

The cost to play is \$100 per team. All ages can play. In recent tournaments there were 10-year olds as well as players in their 50's.

To register, call Murray at 617-921-3644 or email [jmurray@babson.edu](mailto:jmurray@babson.edu)

The deadline to register for wiffle ball is Aug. 2.

## NOTES

Continued from 15

### ROAD RACE

#### Hingham 4th of July Road Race

Runners of all ages and abilities are invited to participate in the 56th annual Hingham July 4th Road Race.

The event, organized by the Hingham Recreation Commission, this year is a 4.35 mile run following historic Main Street through town, with an exceptional spectator-lined finish, under the giant flag hanging across the square at Hingham Institution for Savings.

A traditional Independence Day favorite, the race starts off the July 4th festivities, followed by a pancake breakfast, and capped by the Town's legendary parade.

The event is one of the region's oldest continuously run footraces, and is well known for its unique, runner-friendly, downhill dipped course.

Proceeds financially support affordable Recreation Department programs, special events, equipment, supplies, and field improvements, provided at no cost

to the taxpayer. Road Race revenues also fund scholarships based on financial need, for up to 32 children to attend the popular Summer Camp Playground program.

There is a Non Refundable Registration Fee:

\$25 Registration Fee through July 3rd

\$30 Registration Fee Day of Race between 5:30 am and 6:30 am.

To register online, visit <http://www.hinghamma.gov/index.html> and scroll down to the 4th of July Road Race link.



## TRIATHLON

Continued from 15

new personal best for a sprint triathlon.

"It was a little hot for me and I felt a little nauseous on the bike and during the run, but I was trying for a new PR. Overall I felt very strong."

Molly Frame, a veteran of 10 marathons and about 20 sprint triathlons, favors the running portion of the race. She trains with Meredith Laban of Scituate, who finished third (1:09:43) in the women's 35-39 age group.

"This year the bike route went right by our house, so it was fun to see my kids cheering," she said. "I think the run is the hardest run of any sprint tri in the state. It's hilly and it's hard."

While the Cohasset Triathlon is the only event of

the year for Jim Frame, his wife has several events lined up for the season. Next month she will compete in the Duxbury Triathlon and will race in the Boston Triathlon in August, before finishing up the season at the Cranberry Triathlon in Lakeville, an Olympic triathlon that is twice the distance of a sprint triathlon.

Stefan, meanwhile, will compete in his first half Ironman in New Jersey later this summer.

"It's obviously a much longer race so I've been putting in lots of miles," he said. "I didn't do anything fast leading up to Cohasset, but it turns out it worked out OK."

Crowd favorites Dick and Rick Hoyt finished their fourth consecutive Cohasset Triathlon in two hours, 17 minutes. The father-son tan-

dem regularly competed in the Boston Marathon and have finished six Ironman events.

"We've got a lot of friends in Cohasset and the crowds are so nice and yelling our names all along the course," said Dick Hoyt, who announced this year that he will no longer push his son in his wheelchair at the Boston Marathon. Rick, who has cerebral palsy, will still be pushed in his custom wheelchair next year.

"I'm 74 years old and I need to listen to my body," said Dick Hoyt. "Rick is only 52, so he has a few more marathons to go to catch up to me." ...

Fourteen-year-old Joseph Krivitsky of Norwell finished first in the 19-and-under category (1:09:37), ahead of Cohasset's Greg Berube and

third-place finisher Jacob Krivitsky, also 14.

Emily Zimmermann, 18, finished third in the 19-and-under division after turning in the day's fastest time in the water with an amazing 4:11. Zimmermann grew up in Cohasset and recently graduated from high school in New Jersey. She spends summers in Cohasset and will attend Umass-Amherst in the fall on a swimming scholarship, where she will compete in middle-distance events.

Hanson's Joseph Rich, 23, finished first in the 20-24 age group with a time of 1:01:26, good for 22nd place overall, while Norwell's Sean Kelley was first in the 30-34 group (1:03:21).

For complete results, visit [allsportsevents.com](http://allsportsevents.com)



John Casey of Scituate was number one in the men's 50 - 54 age group with a time of 1:03. He stands along side Daniel Goldman of Newton who came in third.



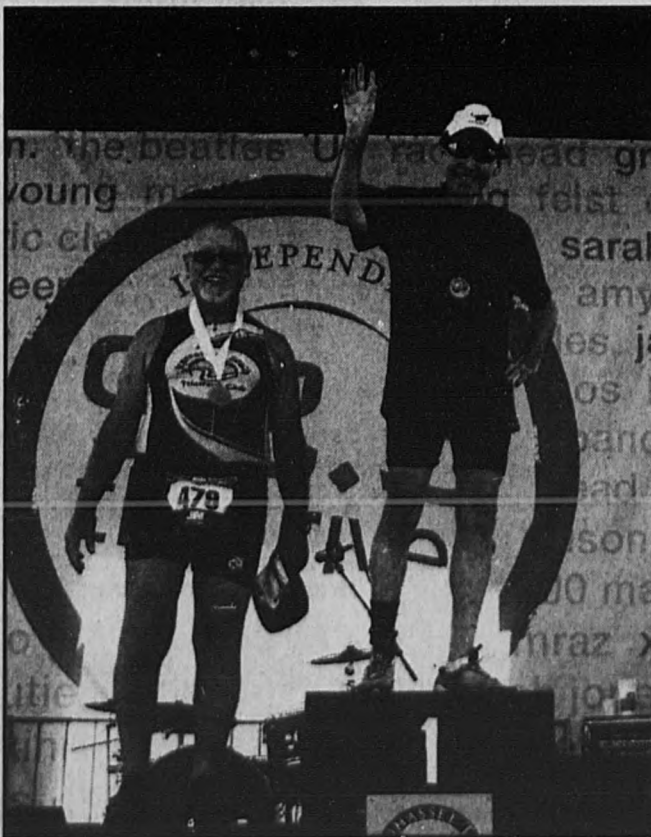
Kaitlin Anelauskas of Newton was the first female to cross the finish line during the 2014 Cohasset Triathlon with a time of 1:01.



Elite athlete, Dustin Weigl of Cambridge was the first person to cross the finish line of the 2014 Cohasset Triathlon with a time of 53:49.



The age group 19 and under was well represented by Joseph Krivitsky of Norwell at number one (1:09), Gregory Berube of Cohasset at number two (1:11) and Jacob Krivitsky of Norwell at number three (1:12).



The top finishers for the over 70 age group are Jim Brescia of Reading and Tim Tobin of Hingham.



Sandy Beach was transformed into a perfect venue along with perfect weather for the 2014 Cohasset Triathlon. Thousands of athletes, family and friends attended the event.

### Cohasset Triathlon

#### Top 10 overall Men

1. Dustin Weigl
2. RJ Ross
3. Beau Garuffi
4. Matthew Curbeau
5. Jim Frame
6. Cameron Piper
7. David Dornaus
8. Michael Emmons
9. Jesse Kropelnicki
10. Chris Barrett

#### Top 10 overall Women

1. Kaitlin Anelauskas
2. Jessica Barton
3. Brianna Blanchard
4. Aubrey Cook
5. Andrea Cox
6. Hannah Freeman
7. Colleen Sands
8. Danielle Odell
9. Carla Tonks
10. Laurretta Bailin

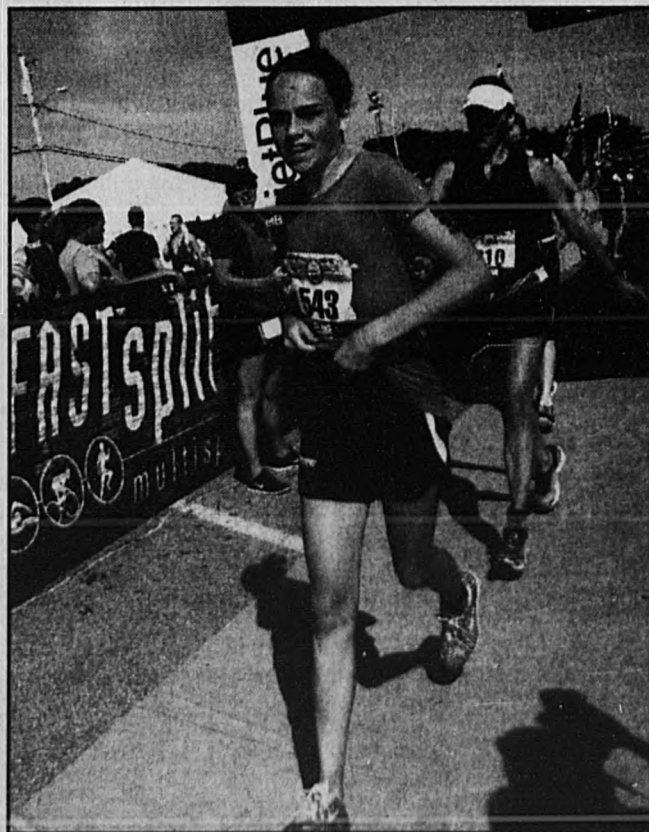
#### Top 10 Cohasset Men

1. Jim Frame
2. Josh Flanagan
3. Al Stefan
4. Kevin Norgeot
5. Michael Galvin
6. Andy Corry
7. Jason Soules
8. Charles Henry
9. Brian Olearczyk
10. Jim Mitterando

#### Top 10 Cohasset Women

1. Molly Frame
2. Kate Maggi
3. Carolyn Soules
4. Sara Norman
5. Amanda Axon
6. Beth Corry
7. Jessie Lubitz
8. Whitney Berns
9. Cathy Forest
10. Claire Martin

Photos by  
Laura Sinclair



Elise Wimberly of Cohasset finished her race in 1:23.



Samantha and Katie Naples, both of Cohasset, crossed the finish line together with an excellent time of 1:37.



# Blue Trailer goes the distance for runners

## Locker service offers convenience, security

By Dick Trust  
correspondent

Runners have enough to do just to finish their foot races.

They shouldn't have to worry about their belongings or where to stash them as they strategically head toward the finish line.

That's where Molly MacDonald and her big, blue trailer come to the rescue. MacDonald's customized flat bed car trailer is fitted with 600 lockers that runners can rent, place their valuables into and lock with a key they'll receive before they head for the race course. The trailer will be near the finish line when the athletes complete their runs and are ready to retrieve their items.

"We have a mix of small and large lockers," said MacDonald, CEO and founder of Blue Trailer Mobile Lockers. "We reach out to the racers or they've started to reach out to us a little bit, which is wonderful. We see ourselves as a race amenity that runners are opting in for rather than a cost that would be wrapped into their registration fee."

"If it's a point-to-point race, we'll go from start to finish, and the trailer is constantly monitored. Someone is onsite with the trailer at all times. We never leave it alone. And we have a few security measures in check. For example, the keys are coded so if someone drops their key, another participant or spectator couldn't just pick it up and know which locker it goes to and grab all the stuff."

"They can also leave the key with us if they don't want to run with it."

Runners may rent online in advance of a race and save 20 percent on their

fee. Onsite, Blue Trailer can take cash or credit. It's \$5 for a small locker (6 inches by 6 inches by 9 inches deep) or \$10 for a large locker (a square foot in size).

Blue Trailer can be accessed through its Website at [bluetrailerlockers.com](http://bluetrailerlockers.com), by email at [hello@bluetrailerlockers.com](mailto:hello@bluetrailerlockers.com), or by phone at 339-222-1997.

The trailer has 420 small lockers, into which you may fit a cell phone, keys, an extra layer of clothing, water bottle, a tee shirt you might want to change into after a race, etc. The 180 large lockers will accommodate a backpack, an extra pair of shoes, and whatever else that fits and you won't need during the race.

"They can access their locker whenever they want," MacDonald said, "and at the end of the race they place their key in a key drop and they're done."

Hooked to a car in transit, the trailer is 16 feet long and 7 feet wide, with two rows of lockers welded together and secured to the frame.

"We park the trailer in maybe a space and a half," MacDonald said, "and park the car elsewhere, so we don't take up much space in urban areas."

Convenience and security are the marks of MacDonald's service, which will be offering locker and key at Hingham's Fourth of July road race and at the town's End of Summer Classic scheduled for Aug. 22.

A Pembroke native, MacDonald, 29, moved to Hingham when she was 4, attended Hingham schools and played on the high school lacrosse team that won the state title when she was a sophomore.

She then went to Arizona State University and played club lacrosse there for four



Molly MacDonald stands between rows of Blue Trailer portable lockers that she takes to races so that runners can store their personal items safely. There are 180 large lockers that rent for \$10 and 420 small lockers for \$5 for a total of 600 lockers. STAFF PHOTO/ROBIN CHAN

years while majoring in psychology.

Returning to Massachusetts, MacDonald worked for a small custom publishing company and wrote copy for [boston.com](http://boston.com) before starting Blue Locker. About 18 months before leaving [boston.com](http://boston.com) this past Feb. 1, she got the idea for her business.

"I was talking about it and talking about it," she said. "One day I went out to dinner with my dad and he said, 'Molly, figure out if you can do it. If you can do it, do it. Otherwise, stop talking about it.'"

Being a runner, MacDonald knew the pre-race routine of trying to safeguard her belongings. Drawing on that knowledge, she developed a business plan and launched Blue Trailer March 1.

"As a runner," MacDonald said, "for years I would go to a race either by myself or with a friend who was go-

ing to run with me and I wouldn't have a place to put my stuff. They have bag checks, but you surrender your belongings. And you have to have confidence that things will be OK in the bag check. If they don't have a bag check, you'd have to find a place to store your stuff in a bush or leave it in your car. There was no good solution."

"As I was saying, I'd been talking about it and talking about it. And after that dinner with my father, I did some really informal market research among my running friends and the response was like an obvious 'Yes, of course we would want that' and 'Of course we would use it.'"

"So the idea was born and it's been really catching on. It's sort of a brand-new concept, especially in the northeast. We're the only ones doing anything like it up here, offering that convenience and peace of mind

on race day. All you want to worry about is getting on the course and running your best race. You don't want to worry 'Is my wallet OK, stuffed under my sweatshirt under a tree near the start line?'"

"For such a simple service, I think it's been really making a difference for all of our customers."

MacDonald is Blue Trailer's only full-time employee, but she has two business partners: Jud Horner, formerly of Hingham and now living in Hull, and Kevin Murphy of Plymouth.

Three interns and a few part-time staffers pitch in at events when a little extra help is needed.

MacDonald's goal is to be at two races each weekend year-round. Another is to work the Boston Marathon.

"We did not work the marathon this year, but we did reach out to them," MacDonald said. "It was a little bit of a sensitive year

with everything that happened in 2013, and we were so new by the time the marathon came along, there wasn't enough time to set up."

MacDonald considered donating lockers to runners who didn't finish last year or to bombing survivors who were running this year. She said marathon officials "loved the idea," but, again, time was a factor. Conversations have begun for next April's 26-mile, 385-yard run from Hopkinton to Boston.

"It's been the most requested," MacDonald said. "A lot of the races we did in March were training runs for Boston, and a lot of the marathoners wanted us there. We did our best, but we have to understand that it's been such a sensitive year."

So circle Patriots' Day 2015 on your calendar and, for safe keeping, watch for the big, blue trailer. It just might be there.

## Legal Notices

**O'CONNELL CONSERVATORSHIP LEGAL NOTICE**  
Commonwealth of Massachusetts  
The Trial Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
Docket No.  
NO14P1532PM  
CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L.c. 190B, §§-304 & §§-405

In the matter of:  
Elizabeth O'Connell

Of: Cohasset, MA

**RESPONDENT**  
(Person to be Protected/Minor)

To the named Respondent and all other interested persons, a petition has been filed by Diarmuid O'Connell of Cohasset, MA in the above captioned matter alleging that Elizabeth O'Connell is in need of a Conservator or other protective order and requesting that Joseph F O'Connell, III of Boston, MA (or some other suitable person) be appointed as Conservator to serve With Personal Surety on the bond.

The petition asks the court to determine that the respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed Conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M., on the return date of 07/16/2014. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to

file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

**IMPORTANT NOTICE**  
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

**WITNESS, Hon. John D Casey, First Justice of this Court.**

Date: June 11, 2014

Patrick W. McDermott  
Register of Probate

AD #13140118  
Cohasset Mariner 7/4/14  
**O'CONNELL GUARDIANSHIP LEGAL NOTICE**  
Commonwealth of Massachusetts  
The Trial Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
Docket No.  
NO14P1531GD  
CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §§-304

In the matter of:  
Elizabeth O'Connell

Of: Cohasset, MA

**RESPONDENT**  
Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by Diarmuid O'Connell of Cohasset, MA in the above captioned matter alleging that Elizabeth O'Connell is in need of a Guardian and requesting that Joseph F O'Connell III of Boston, MA (or some other suitable person) be appointed as Guardian to serve Without Surety on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M., on the return date of 07/16/2014. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

**IMPORTANT NOTICE**  
The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a

lawyer, one may be appointed at State expense.

**WITNESS, Hon. John D Casey, First Justice of this Court.**

Date: June 11, 2014

Patrick W. McDermott  
Register of Probate

AD#13140129  
Cohasset Mariner 7/4/14  
**LIPSON ESTATE LEGAL NOTICE**  
Commonwealth of Massachusetts  
The Trial Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200  
Docket No.  
NO14P1512EA  
CITATION ON PETITION FOR FORMAL ADJUDICATION

Estate of: Anthony M Lipson

Date of Death:  
04/06/2014

To all interested persons:

A Petition has been filed by: Sheila L. M. Lipson of Marshfield MA requesting that the Court enter a formal Decree and Order of testacy and for such other relief as requested in the Petition. And also requesting that: Sheila L. M. Lipson of Marshfield MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on 07/16/2014

This is NOT a hearing date, but a deadline by

which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration.

**WITNESS, Hon. John D Casey, First Justice of this Court.**

Date: June 09, 2014

Patrick W McDermott  
Register of Probate

AD#13140098  
Cohasset Mariner 7/4/14

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[www.RecycleforGold.org](http://www.RecycleforGold.org)

**Special Olympics Massachusetts**  
"Restrictions may apply"

## Legal Notices

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Legal  
Ad  
Call  
Mary  
(781)

433-7902

Muscular Dystrophy Association

Where Hope Begins

**MDA**

1-800-FIGHT-MD  
[www.mdausa.org](http://www.mdausa.org)



# Farmers Market

Fresh produce  
and more heralds  
the season

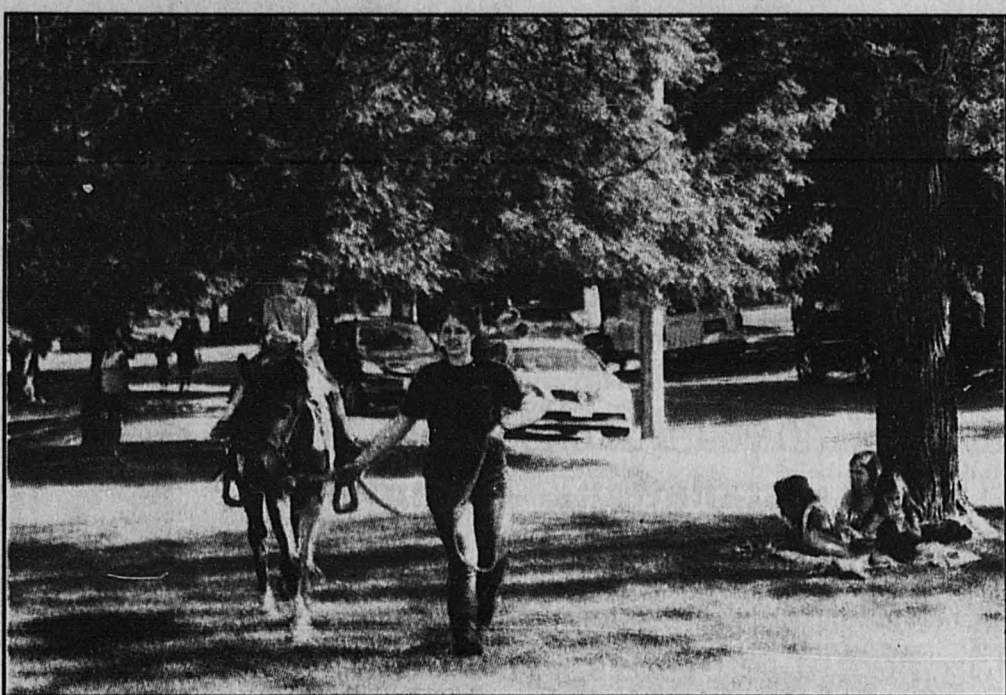
Staff photos by  
Chris Bernstein

Sampling strawberries,  
Marcy Waters chats with  
Amanda Letolle of Frietas  
Farms.



Enjoying Del's Lemonade at the Cohasset Farmers Market L-R, Quentin Hill, 14, with, Alec, 12, Kate, 15, and Isabel Perez, 9.

Check out all the Cohasset Farmers Market photos in color,  
online at: [cohasset.wickedlocal.com](http://cohasset.wickedlocal.com)



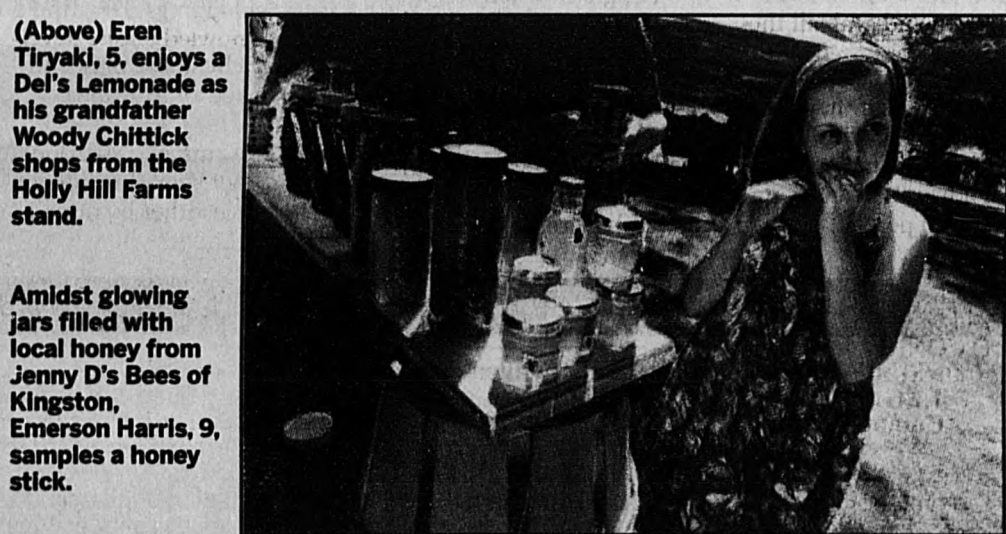
Connor Wilson, 5, enjoys a pony ride with Casey Sullivan of Westside Farm from Duxbury.



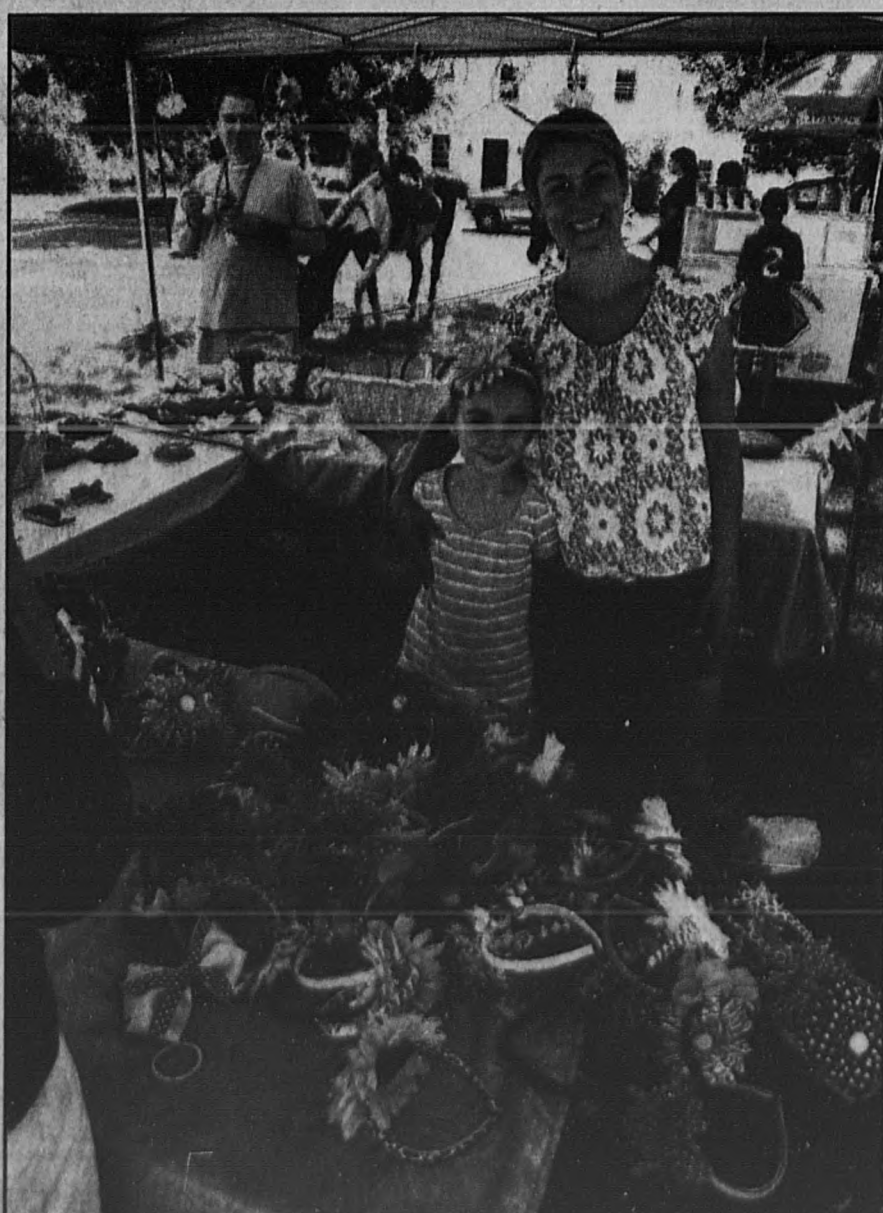
(Above) Eren Tiriyaki, 5, enjoys a Del's Lemonade as his grandfather Woody Chittick shops from the Holly Hill Farms stand.



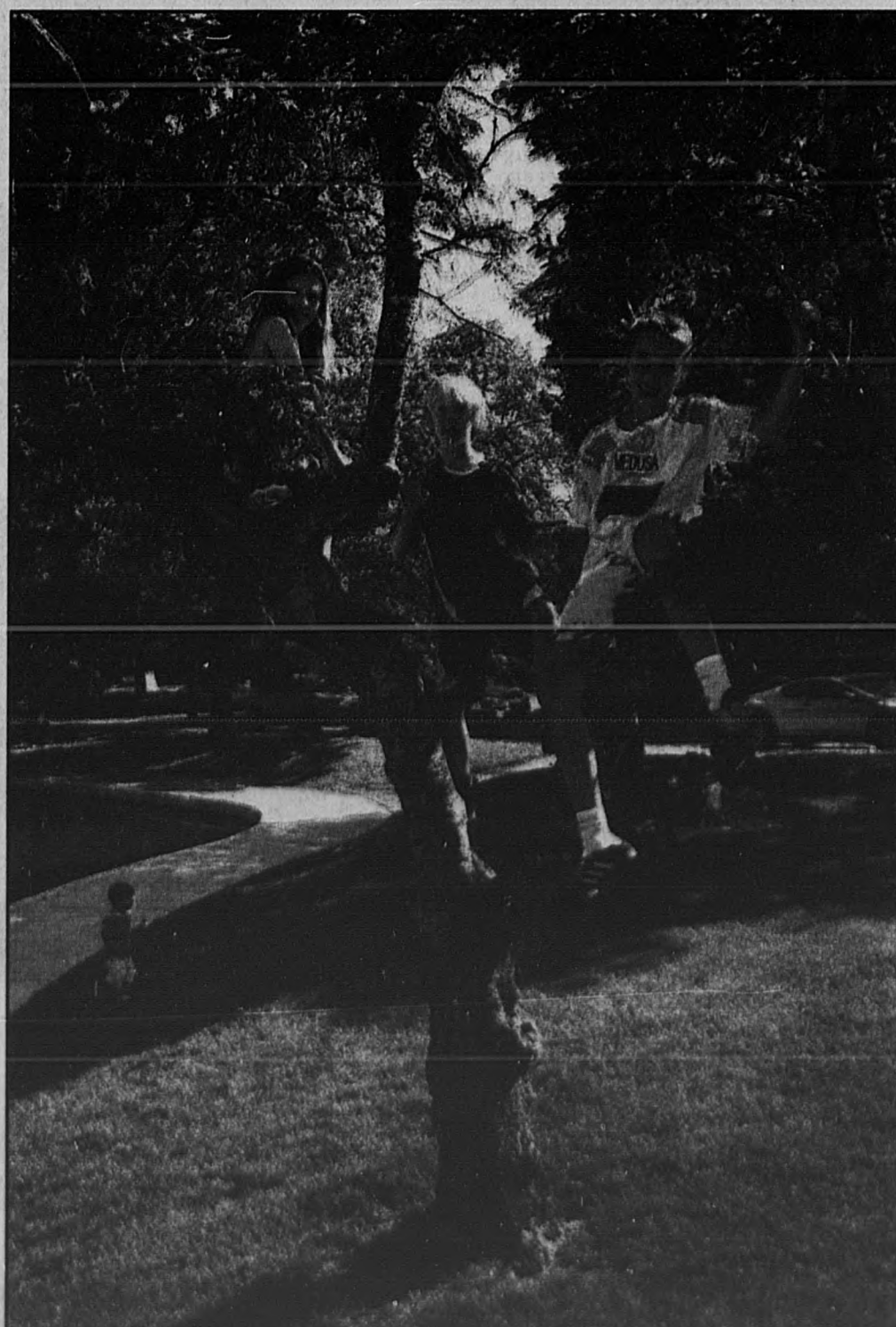
Cohasset youngsters patiently awaiting pony rides, at the Farmers Market, L-R, Tess, 7, and Georgia Barrett, 9, with Carter, 9, and Coco Roberts, 8.



Amidst glowing jars filled with local honey from Jenny D's Bees of Kingston, Emerson Harris, 9, samples a honey stick.



Piper's Headbands, handcrafted by 7-year-old Piper Crotty and her mother Taryn, are on sale at the farmers market.



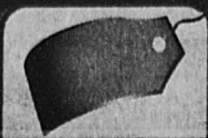
Surveying the busy Cohasset Common from a tree, L-R, Hannah Bliss, 9, Liam Davis, 9, and Sam Rogers, 10.



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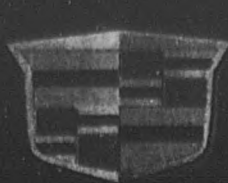
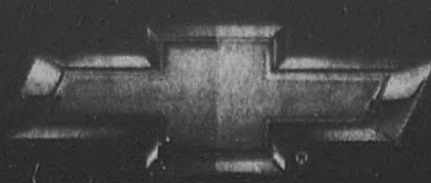
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<b>2009 Buick Lucerne CXL</b> #27507A  <b>CERTIFIED PRE-OWNED</b> <b>\$10,380</b>	<b>2011 Volkswagen Jetta Sedan 4dr Auto SE PZEV</b> #CHV14101A  <b>CERTIFIED PRE-OWNED</b> <b>\$12,750</b>	<b>2009 Chevrolet Malibu LT 2LT</b> #CHV13090A  <b>CERTIFIED PRE-OWNED</b> <b>\$13,779</b>	<b>2010 Ford Fusion 4dr Sedan SE FWD</b> • 19,349 miles #TRK15016B  <b>CERTIFIED PRE-OWNED</b> <b>\$15,933</b>	<b>2010 Chevrolet HHR SS Turbocharged</b> #CAD14128A  <b>CERTIFIED PRE-OWNED</b> <b>\$16,000</b>
<b>2010 Buick LaCrosse CXL 3.0L FWD</b> #27559  <b>CERTIFIED PRE-OWNED</b> <b>\$20,950</b>	<b>2009 Cadillac Escalade AWD</b> #CAD14095C  <b>CERTIFIED PRE-OWNED</b> <b>Contact Us</b>	<b>2011 Chevrolet Equinox AWD 1LT</b> • 1 owner • Power seats • Power windows/locks #27546  <b>CERTIFIED PRE-OWNED</b> <b>\$21,499</b>	<b>2011 Honda CR-V EX-L 4WD w/Navigation</b> • 40,391 miles #TRK14294A  <b>CERTIFIED PRE-OWNED</b> <b>\$21,915</b>	<b>2007 Cadillac Escalade AWD 4dr</b> #15003A  <b>CERTIFIED PRE-OWNED</b> <b>\$23,980</b>
<b>2014 Chevy Camaro 2Dr Cpe LS w/2LS</b> #CHV14164A  <b>CERTIFIED PRE-OWNED</b> <b>\$23,999</b>	<b>2011 Buick LaCrosse CXS</b> #27550  <b>CERTIFIED PRE-OWNED</b> <b>\$24,875</b>	<b>2010 Chevy Tahoe 4WD 4dr 1500 LT</b> #CHV14132A  <b>CERTIFIED PRE-OWNED</b> <b>Contact Us</b>	<b>2004 Chevrolet Corvette Convertible</b> • Only 34k miles! • Automatic • Heads Up Display #27523Q  <b>CERTIFIED PRE-OWNED</b> <b>\$25,980</b>	<b>2011 Cadillac SRX AWD 4dr Luxury</b> #CAD14204A  <b>CERTIFIED PRE-OWNED</b> <b>\$27,980</b>
<b>2013 Kia Sorento 2WD 4dr I4-GKI LX</b> #TRK14333A  <b>CERTIFIED PRE-OWNED</b> <b>Contact Us</b>	<b>2011 Cadillac SRX AWD 4dr Luxury Collection</b> #27552  <b>CERTIFIED PRE-OWNED</b> <b>\$28,980</b>	<b>2012 Volkswagen CC 4dr Sedan Lux Limited PZEV</b> #TRK14335A  <b>CERTIFIED PRE-OWNED</b> <b>Contact US</b>	<b>2012 Chevrolet Suburban 4WD 1500 LTZ</b> #TRK15011A  <b>CERTIFIED PRE-OWNED</b> <b>\$40,299</b>	<b>2013 Cadillac Escalade EXT AWD 4dr Premium</b> #27553P  <b>CERTIFIED PRE-OWNED</b> <b>\$60,980</b>

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## DISHING IT OUT

# Salsa's of Hingham

Meet owner David Littlefield

By Carol Britton Meyer  
cmeyer@wickedlocal.com

*We're Dishing it out at Salsa's of Hingham this week where diners enjoy authentic Mexican cuisine and expertly made margaritas in a fun, casual setting.*

**Type of food:** Authentic Mexican

**Name of staff member and position:** Owner David Littlefield

**How long have you owned the business:** We opened nine years ago.

**Favorite dish on the menu:** Chile En Nogada, which is a Poblano pepper stuffed with ground beef, almonds, raisins, apples, and honey, topped with a creamy walnut salsa.

**Favorite drink:** The Grand Gold Margarita, which is Hornitos Silver, Triple

Sec, Grand Marnier, lime juice, and Sour Mix.

**What's on tap here?** Pacifico, Harpoon IPA, Bud Light, Dos Equis Amber, Negro Modelo, and Sam Adams Seasonal

**How would you describe your wine and cocktail lists?** We have a variety of organic red and white wines. We also have a seasonal cocktail list.

**The best thing about owning and operating this restaurant:** This particular restaurant is great because I live in Hingham, and it is great operating a restaurant in town and seeing friends and family throughout the year.

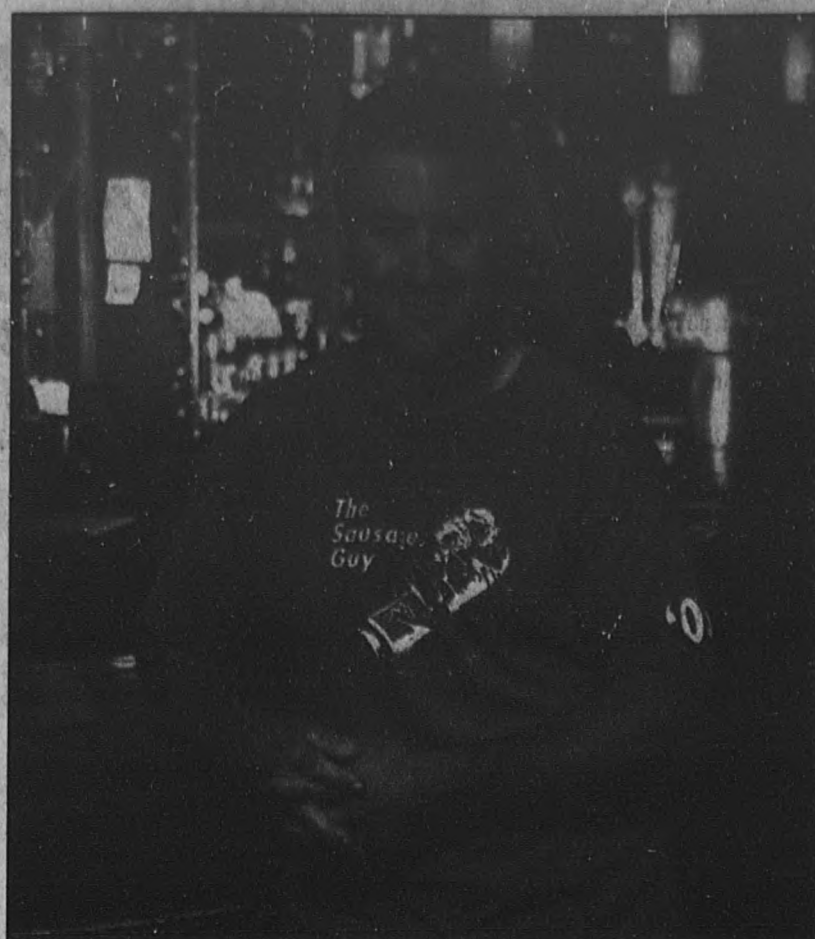
**Do you have any other affiliated restaurants?** Salsa's Mexican Grille, 118 Dorchester St. in South Boston and The Sausage Guy on Lansdowne Street at Fenway Park.

**Do you plan to expand and open other locations?** We are always on the lookout for future opportunities.

**Do you have any upcoming renovations, expansion planned at the Hingham location?** We would love to add a patio in the future.

**What makes Salsa's of Hingham stand apart from other fine dining options in the area?** We are a fun casual dining experience. We like to offer our customers an escape with a cold margarita and authentic Mexican music in the background.

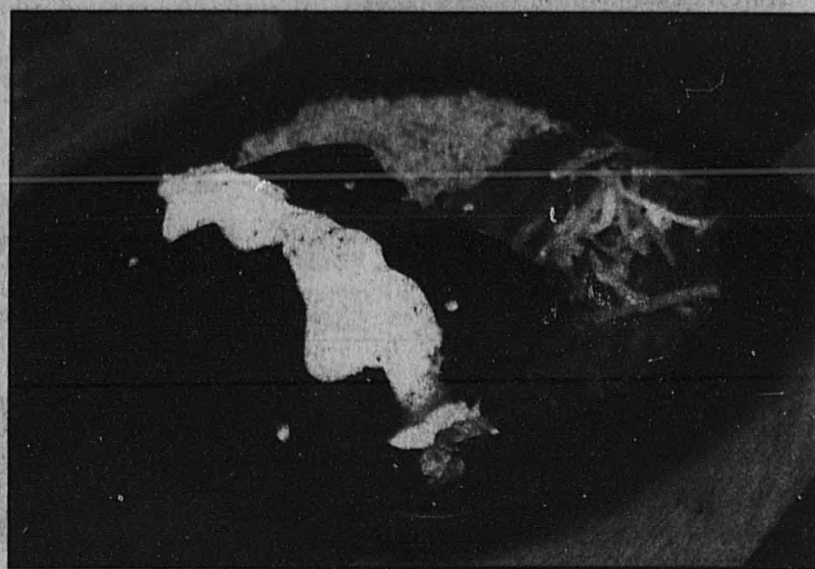
**About Salsa's of Hingham:** Located at 211 Lincoln St., (Route 3A) in Hingham, Salsa's is open from 11:30 a.m. to close. (Closing hour varies.) Entrees are priced from \$8.95 to \$24.95. Reservations are accepted. Visit [salsasmexican.com](http://salsasmexican.com) for menus and direction or call 781-749-9094.



Owner of Salsa's in Hingham, David Littlefield. STAFF PHOTOS/CHRIS BERNSTEIN



Salsa's also offers a wide variety of delectable cocktails, as well as freshly made salsa and chips.



"Chile en Nogada" which is Poblano pepper stuffed with ground beef, almonds, raisins, apples and honey, topped with a creamy walnut salsa, and served with rice and beans.

### See food online!



Meet owner David Littlefield and check out the authentic Mexican fare prepared at Salsa's of Hingham at [cohasset.wickedlocal.com](http://cohasset.wickedlocal.com).

## ENTER FOR A CHANCE TO WIN!

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Get in on it.  
Contest dates:  
July 1- July 28, 2014

Rules: No purchase necessary.  
For a complete list of rules, visit [WickedLocalContests.com](http://WickedLocalContests.com)

Check out all of the winners at  
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Get in on it today.  
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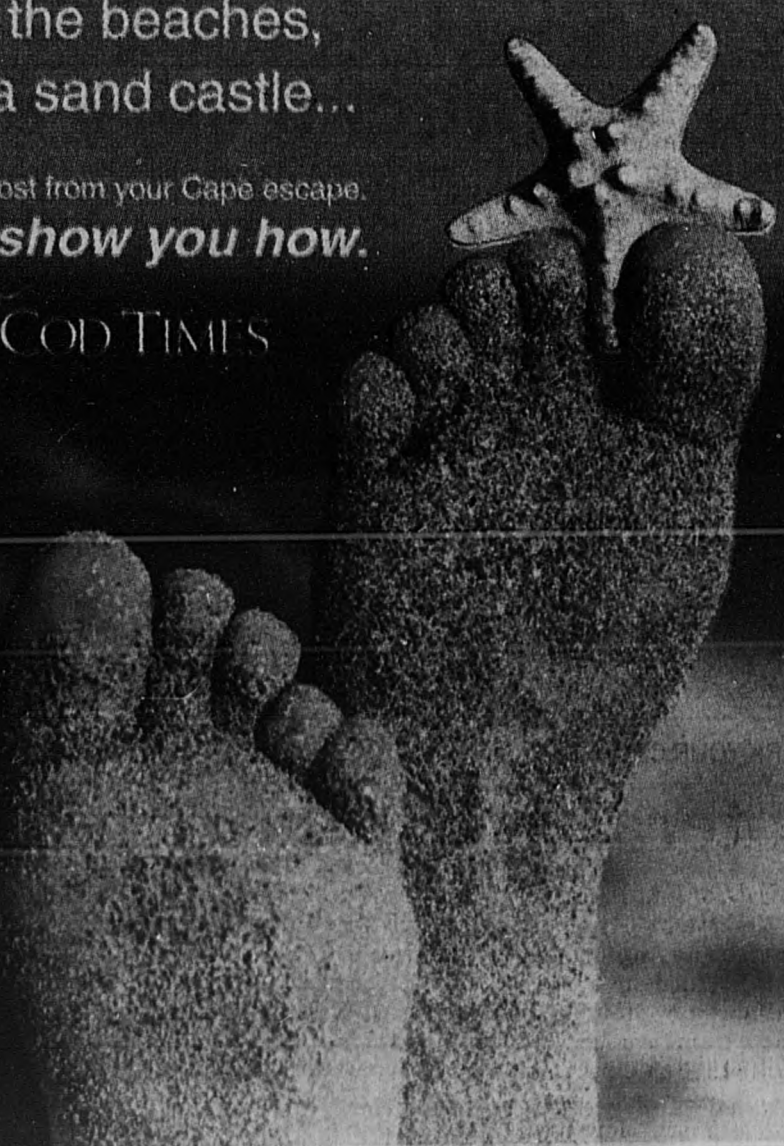
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# WORSHIP NOTES

## Parenting program

Parenting Through a Jewish Lens at Congregation Sha'arey Shalom, Hingham, will offer a 10-week program this fall that will bring together parents and facilitators. Parents from all backgrounds are welcome. Starting Oct. 26, the program will meet from 9:15 to 10:45 a.m., on Sundays. Free babysitting will be included.

Early registration discount for fall and winter classes will end June 30. Cost is \$125 per person, \$220 per couple.

For more information and

to register visit [www.hebrewcollege.edu/parenting](http://www.hebrewcollege.edu/parenting), email Marcy Leiman at [mleiman@hebrewcollege.edu](mailto:mleiman@hebrewcollege.edu) or call 617-559-8734.

## St. Joseph Retreat Center

St. Joseph Retreat Center, 339 Jerusalem Road, invites the public to the following programs and retreat opportunities. Visit: [csjretreat-center.org](http://csjretreat-center.org), email [Retreat.Center@csjboston.org](mailto:Retreat.Center@csjboston.org) or call 781-383-6024 for more programs and details.

**Directed / Private Re-**

**treats:** July 19 to 22, July 30 to Aug. 2, Aug. 20 to 28, Aug. 29 to Sept. 4, Sept. 29 to Oct. 2, Oct. 6 to 14, Oct. 15 to 23, Oct. 24 to 31

**A Contemplative Sabbatical Program:** Jan. 12 to March 5. This 53 day Sabbatical Program is open to women and men religious, clergy and lay people of all denominations.

**Join others for a Morning of Prayer:** Sept. 26, Three Ways To Mend The Heart: Gratitude, Forgiveness And Living In The Present Moment. Arrival and light refreshments 9 to 9:30 a.m., reflective input 9:30 a.m. followed by private time for

prayer, closing communal experience, departure by 12:15 p.m.

## Vacation Bible schools planned

• **Hingham Congregation Church** invites all children in kindergarten through grade five to gear up at Workshop of Wonders: Imagine and Build with God Vacation Bible School. Explore and experience how the ordinary becomes extraordinary with God. The fun will begin July 21 and end July 25, and meet from 9 a.m. to noon, at Hingham

Congregational Church, 378 Main St., Hingham.

The adventure will include music, interactive Bible fun, super science, crafts, snacks, games and more. To be a part of all the excitement at Workshop of Wonders, call Rev. Brandon Harrington at 781-749-1276 or visit the church's website at: [hccucc.com](http://hccucc.com). Online registration is available.

The cost of this adventure is \$10 per participant or \$15 per family up to three youths.

• **House of Prayer Lutheran Church** located at 916 Main St. in Hingham will sponsor a Vacation Bible School from Monday, Au-

gust 11 to Friday, August 15, daily from 9 a.m. until 12 noon.

Learn about each other and the world through singing, making crafts, playing games and outdoor recreational activities. Children ages 4-12 are welcomed regardless of faith.

Please register on line at [www.eventbrite.com](http://www.eventbrite.com) or through the church's home page: [houseofprayerhingham.org](http://houseofprayerhingham.org). The cost is \$35 per child. If you would rather pay by check, call the VBS coordinator, Phoebe Morad at 617-599-2722 to register.

Please register ASAP so the curriculum can be adequately planned.

## WORSHIP GUIDE

**Beechwood Congregational Church**, 51 Church St. in Cohasset, holds morning worship service at 9:30, led by Pastor Stephen McDonald. Children's church is available during the service. The "Ground Level Coffeehouse" has live music on the first Friday of every month at 7 p.m. For more information see [beechwoodcc.org](http://beechwoodcc.org).

**First Parish Unitarian Universalist on Cohasset Common**, 23 North Main St. (Parish House). 781-383-1100. [www.firstparishcohasset.org](http://www.firstparishcohasset.org) Pastor is the Reverend Jill Cowie; RE Director Christine Bulman; Music Director: Allegra Martin. Organist: Caroline Harvey. Parish Administrator: Sandy Bailey. Parish Committee Chair: Ronnie McMorris. We welcome all to our inclusive spiritual community. We affirm our Unitarian Universalist Principles and put them into action by worshipping together, caring for one another, and working for a safe, just, and sustainable world. Worship services are held at 10 a.m. on Sundays.

**Nativity of the Virgin Mary Church**, 811 Jerusalem Road, 781-383-6380. Father Constantine Cambas. Office hours are 9 a.m. to 1 p.m. Denomination: Greek Orthodox. Sunday Services: Matins 9 a.m. Divine Liturgy: 10 a.m. Liberal use of English language. Sunday Church School 11:15 a.m. Fellowship hour follows Liturgy; Children's Sermon Sundays; Weekday services during Holy Great Lent: Wednesdays: Presanctified Divine Liturgy at 7 p.m.; Friday: The Akathist Hymn, 7:30 p.m.; Bible Study: Wednesdays, 8 p.m. Greek language school: Mondays and Fridays, from 4 to 5:30 p.m.

**St. Anthony Roman Catholic Church** is at 129 South Main St., Cohasset. Pastor is the Rev. John R. Mulvehill. Permanent Deacon is Paul Rooney. Weekday Masses: Monday through Friday, 7 a.m. and Saturdays, 8 a.m. Weekend Masses: Saturdays, 5 p.m.; and Sundays, 8 a.m., 9:30 and 11:30 a.m. Coffee and fellowship in the Parish Center follows the 8 a.m. Sunday Masses.

Sacrament of Reconciliation (confessions): Saturdays, from 4:15 to 4:45 p.m., and by request.

First Friday of the month: Morning Mass at 7 a.m.; Adoration and Benediction from 7:30 a.m. to noon; Mass at noon. For information on parish events, call 781-383-0219. For religious education information call 781-383-0630. For more information, visit the Web site at [saintanthonycohasset.org](http://saintanthonycohasset.org).

**Second Congregational Church**, 43 Highland Ave. If you live on the South Shore and you're looking for a church home we encourage you to join us on Sunday mornings. September through mid June: Service (with choir) begins at 10 am in the sanctuary with Nursery care and Sunday School for age's pre-K through 8th grade. Immediately following the 10am service you're invited to a coffee-fellowship hour in Bates Hall. Youth groups for middle and senior high school children are available. We are an open, welcoming church family. We enjoy periodic book/Bible/topical discussion groups in addition to annual church wide events such as the Strawberry Festival, Christmas Craft Fair, Quilt Show and Appalachia Service Project. For more information please call us at 781-383-0345 or visit us on line at [www.2ndcc.org](http://www.2ndcc.org)

**St. Stephen's Episcopal Church** is an inclusive, Christ-centered community committed to exploring the intersection of our faith and our lives. We invite you to join us on Sunday mornings and through a variety of special programs during the week. All are welcome to worship God with us at St. Stephen's! AA meets four times a week at St. Stephen's: Sundays at 7 p.m., there is a Closed Big Book Study. Tuesdays there is a Women's step meeting at 6:30p.m. and a closed discussion meeting at 8 p.m. Fridays at 7 p.m. there is a Beginner's meeting. All meetings take place in the Watermelon Room at the church office. Please call the church office

at (781) 383-1083 or visit [ststephenscohasset.org](http://ststephenscohasset.org) for more information.

**Vedanta Centre**, 130 Beechwood St., 781-383-0940. Denomination: Vedanta, an Indian philosophy which honors all world religions. Clergy: Rev. Dr. Susan Schrager. Sunday morning, 11 a.m. Refreshments and fellowship after the service. Thursday Meditation and Study Class from 7 to 8 p.m.

**Glastonbury Abbey**: 16 Hull St., 781-749-2155; [www.glastonburyabbey.org](http://www.glastonburyabbey.org). **Masses and Worship:** All are welcome! **Monday through Saturday:** 6:30 a.m. - Vigils (end of night prayer), 7:45 a.m. - Lauds (morning praise), 12 noon - Mass, 5:15 p.m. - Vespers (evening prayer), 7:45 p.m. - Compline (night prayer); **Sundays:** 6:30 a.m. - Vigils, 7:45 a.m. - Lauds, 9:30 a.m. - Mass, 12:45 p.m. - Midday Prayer, 5:15 p.m. - Vespers, 7:45 p.m. - Compline.

**Congregation Sha'aray Shalom** is at 1112 Main St., Hingham. For information, call 781-749-8103 or visit the website at [www.shaaray.org](http://www.shaaray.org). Denomination: Reform Jewish, welcoming unaffiliated interfaith families and those with a more traditional background. Rabbi Shira Joseph; Cantor Steven Weiss. **Friday Shabbat Evening Services** — July 4, 11, 18, 25, Aug. 1, 8, 22 and 29, at 6 p.m., followed by dinner. Register for dinner by the preceding Wednesday. **Saturday Shabbat Morning Services** — There are no Shabbat Morning Services from July 5 through Aug. 3. **Congregation Sha'aray Shalom Summer Service Schedule** — Shabbat n Schmooze starting July 5, 6 p.m. Shabbat Evening Service, followed by dinner and socializing. All services will be in the air-conditioned sanctuary. Dinner will follow in the social hall. The dinner menu will vary week to week. Visit [www.shaaray.org](http://www.shaaray.org) for the current week's dinner menu and to register. Cost for dinner will be \$12 each for adults, \$7 each for children 6 through 13 years old, and children 5 and younger \$3. Non-members \$18 per adult and \$8 for chil-

dren younger than 13 years old. \$1 of each dinner fee goes to Mazon.

**First Church of Christ, Scientist:** Denomination: Christian Science. Sunday Services are held at 10:30 am at The Old Colony Masonic Lodge, 85 Central St. and Wednesday Testimony Meetings are held at 7:30 pm at The Christian Science Reading Room, 18 North St. All are welcome. The Reading Room is open to the public from 10-2 on Wednesdays and Saturdays.

**House of Prayer Lutheran Church:** 916 Main St., 781-749-5533; Denomination: Lutheran, ELCA. The Reverend Susan C. Henry, Pastor. Saturday Worship Service at 4:30 p.m. Sunday Worship Service at 9:30 a.m., followed by Sunday Church School and coffee fellowship at 10:45. Adult Bible Study on Thursday at 9:30 a.m.

**Jehovah's Witnesses:** 90 Ward St., 749-5777; Sunday services: 9:30 a.m.; Watchtower study, Sunday, 10:20 a.m.; congregation book study, Tuesday, 7:30 p.m.; ministry school, Thursday, 7:25 p.m., with service meeting at 8:15 p.m.; free Bible courses are offered weekly.

**New North Church:** 1 Lincoln St., 781-749-2341; housed in the historic 1806 meeting-house opposite the Lincoln statue in Hingham Square. Interdenominational Christian community church; clergy: Rev. Bill Turpie. Weekly worship service Sunday at 10:30 a.m.

**North Street Community Chapel:** [www.northst.org](http://www.northst.org), 235 North Street, 781-749-7614, [church@northst.org](mailto:church@northst.org). Pastor & Teacher: Rev. Jeremy D. Scott ([pastor@northst.org](mailto:pastor@northst.org)). We gather to worship on Sundays at 10:30 a.m.

Changes to the worship guide, may be sent by e-mail to [mford@wickedlocal.com](mailto:mford@wickedlocal.com)

## OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

### Fred Clifton Blossom II

SCITUATE — Fred Clifton Blossom II, age 81, of Scituate, formerly of Cohasset, passed away peacefully at home surrounded by family on June 23, 2014.

Beloved husband of the late Diane (Decker) and loving father of Ruth M. Parker of Scituate and Frederick "Rick" Blossom of Albany, NY. Grandfather of Daniel Blossom of Albany, NY, Daryl Keith Parker and Michael Allen Parker, both of Woonsocket, RI and Nicholas Sean Parker of Oxford. Brother of Carolyn Lavange of Abington. Also survived by several nieces and nephews.

Born and raised in Cohasset, Mr. Blossom was an Eagle Scout and served in the U.S. Army during Korea. He was a graduate of the Univ. of Massachusetts, Class of 1960 and was employed for his entire



Fred Clifton Blossom II

career with the U.S. Government as a Fish and Wildlife Officer, retiring in 1994.

A Memorial Service was celebrated on Friday, June 27, 2014 at 2 pm in Second Congregational Church, 43 Highland Ave., Cohasset, MA 02025.

In lieu of flowers, donations to honor Fred may be made to the Boy Scouts of America, Eagle Scouts, Troop 28 Cohasset, Attn Phil Lehr, 306 No. Main St., Cohasset, MA. 02025. For an online guestbook and more, please visit [www.mcnamara-sparrell.com](http://www.mcnamara-sparrell.com)

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Funeral Home  
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### Robert P. Gunville

COHASSET — Robert P. Gunville, "Bob", age 80, formerly of Cohasset, passed away peacefully on June 24, after a long struggle with Alzheimer's disease.

Bob was born and raised in Cohasset with his parents, the late Francis and Amelia Gunville. He was a devoted husband of the late Kathleen (Looney) and Anne (Bunszel) and loving father of Daniel Gunville, Lisa and her husband John Gargiulo both of Hull, the late Robert M. Gunville and his daughter-in-law, Linda Gunville. Bob had two brothers the late Francis Gunville and twin brother Richard (Dick). He is survived by 6 grandchildren Kerri and Katelyn Costa and Travis, Hannah and Brigid Gunville and Kati Gargiulo. Bob is also survived by his sister's in-law Lucy Gunville, Barbara Gunville, and Nancy Signorelli as well as his brother-in-law William Signorelli. Bob's many nieces and nephews will greatly miss their "Uncle Bob".

Bob graduated from Sacred Heart High school in Weymouth and then enlisted in the US Air Force. Bob had an impressive military career in the US Air Force where he spent part of his service in the Philippines alongside his twin brother Dick. Bob was assigned to SAC — Strategic Air Com-

mand and was a Staff Sergeant at Dow Air Force Base in Maine as a Tactical Aircraft Maintenance Specialist. He was also awarded the National Defense Service Medal and the Good Conduct Medal. He attended school at the East Coast Aero Tech and worked for many years for Eastern Airlines where he was an Aircraft Maintenance Specialist.

Bob enjoyed being around people and loved life. He truly had a young spirit and never considered himself "old". He will be loved and missed by countless people.

A Mass of Christian Burial and Celebration of Life was held on Friday, June 27, 2014 at 10 a.m. in St. Anthony Church, 10 Summer St., Cohasset. Visiting hours was on Thursday, June 26, from 4 - 8 p.m. in McNamara-Sparrell Funeral Home, 160 So. Main St. (across from St. Anthony Church), Cohasset. Interment Woodside Cemetery, Cohasset.

In lieu of flowers, donations to honor Bob may be made to the Alzheimers foundation of America, 322 Eighth Ave., 7th fl., New York, NY 10001 or online at [www.alzfdn.org](http://www.alzfdn.org).

For an online guest book and more, please visit [www.mcnamara-sparrell.com](http://www.mcnamara-sparrell.com).

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## MARK YOUR CALENDAR

# Interactive group hypnosis exercise

Local Consulting Hypnotist, Kathryn McGlynn, and Our Weeping Angel Foundation, a Hingham-based charitable non-profit organization, team together on July 22 from 6:30 to 8 p.m. to present an educational seminar, "How To Get What You Want with a Little Help from Your Friends." Participate in a really fun,

interactive group exercise that will help you define your dream, overcome obstacles to achieving it, and increase the likelihood of your success. Then, enjoy a group hypnosis session designed to create your successful potential.

The event is held at The Healing Center at Our Weeping Angel Foun-

dation, 190 Old Derby Street, Suite 100, Hingham. Attendance is by donation, with all proceeds going to the Foundation. Suggested donation is \$10.

McGlynn, who is also a Motivational Coach, has a private hypnosis practice in Hingham and additionally teaches numerous adult-ed hypnosis seminars in vari-

ous schools, colleges, hospitals and healing centers throughout New England.

Preregistration is required, as space is limited. For further information about this event, contact McGlynn at 781-340-2146 or visit her webpage: [www.hypnosis.ws](http://www.hypnosis.ws)

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Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

**Please Call for Deadline Details**



# PUZZLES

## Horoscope

### SALOME'S STARS FOR RELEASE WEEK OF JULY 14, 2014

**ARIES** (March 21 to April 19) Your Aries leadership qualities can help bring order out of all that confusion, whether it's on the job or in the home. But be careful to guide, not goad, others into following you.

**TAURUS** (April 20 to May 20) Applying a more personal view to a job-linked issue could help provide better insight into those persistent problems. Use your keen Taurean logic to cut through the double-talk.

**GEMINI** (May 21 to June 20) Taking some time off could be the best way to get through that seemingly endless round of demands. You'll return refreshed and ready to tackle things from a new perspective.

**CANCER** (June 21 to July 22) Restoring a sagging professional relationship takes a lot of effort. By all means, state your position. But also make sure you pay close attention to the other person's point of view.

**LEO** (July 23 to August 22) A hot prospect intrigues the Big Cat, who is always on the prowl for a promising investment. But be careful that this "promise" has a chance of being kept. Check it out more carefully.

**VIRGO** (August 23 to September 22) A friend could use some of your compassion and concern. If he or she doesn't ask for help, be sure you step up and make the first move. Also, check out a new career possibility.

**LIBRA** (September 23 to October 22) You might have difficulty getting your opinions heard because of all the

noise being made by the other side. But hang in there. Others should line up with you once they learn the facts.

**SCORPIO** (October 23 to November 21) Offering to help a colleague is commendable. But before you commit your time and effort, check to see if that person's situation is all that he or she has led you to believe it is.

**SAGITTARIUS** (November 22 to December 21) You soon should be seeing positive results from your recent efforts on behalf of a family member. On another matter, check that you have all the facts regarding a job assignment.

**CAPRICORN** (December 22 to January 19) Your aspects favor closer family relationships this week. Take time for visits, whether in person, by phone, by mail or in cyberspace. Let them know how important they are to you.

**AQUARIUS** (January 20 to February 18) A missed opportunity isn't always a negative. Maybe your instincts are telling you not to rush into something you "thought" was worthwhile. Make time for family this weekend.

**PISCES** (February 19 to March 20) Your sense of humor helps you get through a tricky situation. But some stick-in-the-muds might not be so willing to make the changes that you and others agree are necessary.

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**BORN THIS WEEK:** You have a gift for making everyone you know - or even just met -- feel important and welcome in your life.

## Sudoku

7				9		8	1	
	5		6			2		
2		4			1			7
9				6		4		
		7	3				5	
	8				2			9
3					8	5	2	
	1		7					3
	4	9	1				6	

Level: Moderate

### Here's How It Works:

**Sudoku** puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

## Crossword Solution - An Added Bonus

E	D	G	E	N	E	S	S	B	L	A	N	C	A	R	O	S	E					
L	E	N	T	A	R	N	E			A	L	O	A	N	S	E	R	G	E			
T	W	I	T	E	T	A	L			D	I	Z	Z	Y	A	N	D	E	A	N		
T	E	T	E		C	O	D	A	S			R	S	T		Y	A	N	K			
A	N	O	D	E	O	N	A	G	R	E	C	I	A	N	U	R	N					
R	E	M	A	N				R	E	M	A	N	A	N	T		E	S	S	A	Y	
P	R	E	C	U	R	S	O	R		O	R	A		S	K	I		E	R	A		
					D	E	A	L		A	N	D	R	E	W	S	T	A	R	E	S	
I	S	L	E		B	R	O	N	X			E	A	T		N	U	S				
A	N	A	T	O	M	I	C	W	E	A	P	O	N	S		R	E	S	I	N		
L	O	C	A	L	E			A	L	B	U	M				G	E	L	A	T	O	
A	G	I	N	G			A	N	D	A	N	T	E	S	I	N	F	E	R	N	O	
A	P	U			G	U	N			E	D	I	N	A		S	E	A	M			
S	T	Y	L	I	N	G	A	N	G	E	L		V	O	W	S						
A	C	T			A	A				U	N	I		S	A	L	T	I	N	E	S	
L	O	A	T	H					T	R	A	M	P	E	D		C	O	N	T	E	
					I	T	S	U	S	A	G	A	I	N	S	T	A	N	T	H	E	M
S	E	R	F		E	N	E			T	I	E	I	N					A	C	L	U
G	L	O	O	M	Y	A	N	G	U	S		G	L	U	E			G	A	L	S	
A	B	O	R	T		E	R	R	O	R		N	I	N	E			E	R	A	S	
T	A	M	P	A		K	E	E	L	S		E	M	I	T			M	A	M	A	

## Crossword - An Added Bonus

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19					20					21				22					
23					24					25				26					
27					28				29					30					
			31	32				33	34	35				36					
37	38	39				40								41					
42				43	44	45		46			47		48	49					
50			51				52			53		54							
	55				56					57	58				59	60	61	62	
63				64		65		66	67	68				69					
70					71			72						73					
74						75	76					77	78		79				
80					81						82		83		84				
					85				86	87	88	89			90		91		
92	93	94	95					96		97				98		99			
100							101		102				103		104	105			
106						107	108							109	110				
111						112							113			114	115	116	117
118						119				120	121	122			123				
124						125				126					127				
128						129				130					131				

### ACROSS

1 City in Florida  
6 Ship spines  
11 Give out  
15 Doll's call  
19 End the mission early  
20 Blunder  
21 Three x three  
22 Memorable times  
23 Pessimistic black cow?  
25 Sticking stuff  
26 Damsels  
27 Feudal laborer  
28 Butyl or propyl ender  
29 Promotional connection  
30 Org. fighting for rights  
31 Motto of a group opposing a national song?  
37 Disinclined  
40 Walked with heavy steps  
41 Richard who played Barzini in "The Godfather"  
42 Make a move  
43 Car club abbr.

46 Prefix with directional  
47 Briny quality  
50 Hairdressing cherub?  
54 Solemn promises  
55 "The Simpsons" shopkeeper  
56 Jump the —  
57 Neighbor of Minneapolis  
59 Stitcher's line  
63 Going gray  
65 Hellish performance of a slowish piece?  
70 Scene  
72 LP or CD  
73 Cold Italian treat  
74 Claws and fangs?  
79 Lacquer ingredient  
80 Atoll unit  
81 It's north of Manhattan  
82 Put away  
84 Frat letters  
85 Mete (out)  
86 British prince gawks?  
92 Forerunner  
97 "... good witch — bad witch?"  
98 Enjoy Aspen

99 Pitcher's stat  
100 Staff anew  
101 Leftover bit  
104 Twain piece  
106 Positive pole attached to an ornate Athenian vase?  
111 Head, to Fifi  
112 Sonata ends  
113 Pre-U queue  
114 Pull firmly  
118 Tease in fun  
119 And others, briefly  
120 Lightheaded? Quito native?  
124 Good Friday's time  
125 Minnesota pol Carlson  
126 Take out — (do some borrowing)  
127 Coat fabric  
128 Perimeter  
129 Suffix with 121-Down  
130 Mel of many voices  
131 Came to be

6 Hollywood's Reeves  
7 Hemingway or Gallo  
8 Work unit, in physics  
9 R&B's Rawls  
10 They're nearly grads  
11 Purring car parts  
12 "Kind of Blue" jazzman  
13 Indigenous Alaskan  
14 "Lady T" singer Marie  
15 Explosive power unit  
16 Athena turned her into a spider  
17 Gavels, e.g.  
18 Adopts  
24 "You bet"  
29 Sirloin part  
32 Resident of Bangkok  
33 Give — for one's money  
34 Crew  
35 Lady friend, in Lille  
36 Long-running CBS military law series  
37 — Palmas  
38 Stop sign shapes  
39 Abnormal

44 Film director — Lee  
45 Water, to José  
48 TV actress  
49 Nashville sound?  
51 Shaped like a crescent  
52 Soother of film  
53 Ease off  
58 Sample model  
59 Actress Gomez  
60 Correctors' smudges  
61 Snakebite medications  
62 Earth cirler  
63 Jai —  
64 Mop & —  
66 Sunrise  
67 "Spy Kids" co-star Vega  
68 Hawks' org.  
69 Not "agin"  
71 Feature of a dying fire  
75 Roth — (tax shelters)  
76 Denver dwellers  
77 Formerly nicknamed  
78 Tree topplers  
83 Kin of "Tut!"  
85 Saharan hill

87 Not even one  
88 Famous vampire, for short  
89 Indian queen  
90 Stadium row  
91 Announce  
92 Babble  
93 Gave fresh life to  
94 Overacting  
95 Middle-school Girl Scout  
96 Entertains sumptuously  
102 — Fields cookies  
103 Jane's ape-man  
105 Tom of old late-night TV talk  
107 Sailing site  
108 — Dame  
109 "Pop" boy band  
110 Hagen of Broadway  
115 Shaped to reduce drag  
116 Hectors  
117 Pant leg part  
120 Dollop  
121 Below par physically  
122 Suffix with proto-  
123 Hush-hush U.S. org.

## Magic Maze - On the surface

Y X U Q M J F Y B Y U R O K H  
G D A X U Q L N K H E B Y V S  
P U M J H F M E B Y V T Q O L  
I G B D Y L O H B Y W T R P M  
K I F R X O O T S U R D B Y W  
U S D E E A N Q M I O M K I F  
S D B Z Z T W X P U L W U S Q  
O P N L N A A P J H C O F D C  
Y L I L I A L W A V E S P Y W  
V T S H K E K G Q P N L K I H  
N E E H S I N R A T F E C B Z

Find the listed words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

Dry fly  
Float  
Glaze  
Lily

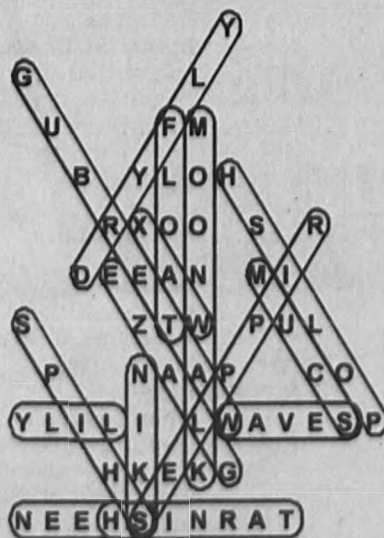
Moonwalk  
Polish  
Ripples  
Scum

Sheen  
Ships  
Skin  
Tarnish

Water bug  
Waves  
Wax

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### Magic Solution On the surface



### Sudoku Solution

7	6	3	2	9	4	8	1	5
1	5	8	6	3	7	2	9	4
2	9	4	8	5	1	6	3	7
9	3	1	7	6	5	4	8	2
4	2	7	3	8	9	1	5	6
6	8	5	4	1	2	3	7	9
3	7	6	9	4	8	5	2	1
8	1	2	5	7	6	9	4	3
5	4	9	1	2	3	7	6	8



# COHASSET POLICE/FIRE LOG

Friday, June 20

12:41 a.m. **Chief Justice Cushing Highway**, minor motor vehicle crash. Headquarters reports caller hit a deer and she is sitting at the Shaw's Supermarket. She would like an officer to respond. Officer reports driver will be using AAA instead. Deer is deceased and the state will pick it up in the morning.

7:12 a.m. **Sohier St.**, motor vehicle stop; citation issued.

10:51 a.m. **Sohier St.**, motor vehicle stop; citation issued.

10:57 a.m. **Clay Spring Road and Pond St.**, traffic hazard. Caller reports there is a large truck in the roadway.

11:05 a.m. **Chief Justice Cushing Highway**, motor vehicle stop; citation issued.

11:13 a.m. **Elm St.**, medical aid.

12:17 p.m. **Chief Justice Cushing Highway**, CVS Pharmacy, shoplift. Employee reports a shoplifter in the store. She has shoplifted in the past. She stated that police told her to call if she returns. Female given no trespass warning.

1:42 p.m. **Depot Court**, parking enforcement.

1:50 p.m. **Chief Justice Cushing Highway**, request for officer.

1:59 p.m. **Sohier St.**, fire mulch.

2:03 p.m. **Atlantic Avenue**, parking enforcement. Citations issued.

2:38 p.m. **Forest Avenue**, Wadleigh Park, parking enforcement.

2:45 p.m. **Chief Justice Cushing Highway and Mendel Road**, disabled motor vehicle.

3:13 p.m. **Jerusalem Road**, Black Rock Beach, notification. Captain Belanger reports resident will have a small cooking fire on Black Rock.

3:41 p.m. **Border St.** Mill Bridge, youth complaint.

4:50 p.m. **Atlantic Avenue**, Sandy Beach Bath House, missing person. An 8-year-old child is missing. Spoke with lifeguard. Child was playing where mother didn't know where.

5:12 p.m. **Surry Drive**, fraud. Caller received a phone call from someone claiming to be from the IRS saying she is in deep trouble and to call them back immediately. Call believes this to be fraudulent and would like to speak to an officer to make a report.

5:12 p.m. **Sohier St.**, direct stop.

5:20 p.m. **Atlantic Avenue**, Sandy Beach Bath House, parking enforcement.

6:30 p.m. **North Main St.**, animal call. Caller's black lab got out about 30 minutes ago. Wearing a black collar with no ID on it. Dog's name is Jura, if found contact owner.

9:38 p.m. Request for officer. Caller states he has joint custody of his 17-year-old son and his wife left him home alone while she went out of town. The father dropped him off at Nantasket Beach at 10 a.m. this morning and he won't answer his phone now. He would like to speak to an officer.

9:41 p.m. **Atlantic Avenue**, erratic operation of a motor vehicle.

10:01 p.m. **South Main St.**, Red Lion Inn, noise complaint. Caller reporting a loud event going on in the function hall. Caller does not want to speak to an officer. Band will turn down music. All doors were closed to the barn, spoke with manager.

10:32 p.m. **North Main St.**, Woodside Cemetery, suspicious activity.

11:27 p.m. **Atlantic Avenue**, Sandy Beach Bath House, lock in out.

11:39 p.m. **South Main St.**, noise complaint.

11:43 p.m. **South Main St.**, Red Lion Inn, community service.

Saturday, June 21

2:18 a.m. **Linden Drive**, transport. Officer reports escorting some 16/17-year-olds home to their residence.

2:30 a.m. **Beach St.**, police information.

6:13 a.m. **Atlantic Avenue**, Sandy Beach Association, police info. Officer reports Sandy Beach is now open.

7:04 a.m. **South Main St.**, well being check.

11:18 a.m. **Elm St.**, CPH, larceny report. Party in lobby to report a bicycle that was stolen.

11:36 a.m. **Elm St.**, CPH, request for officer. Party in the lobby requesting legal advice.

11:46 a.m. **Woodland Drive**, PD investigation.

1:37 a.m. **Elm St.**, CPH, emergency restraining order. Party in headquarters in regards to an emergency 209a.

2:07 p.m. **Forest Avenue**,

motor vehicle stop; citation issued.

2:16 p.m. **Atlantic Avenue**, parking enforcement. Three vehicles issued parking tickets.

2:31 p.m. **Forest Avenue**, Wadleigh Park, parking enforcement.

2:59 p.m. **Lighthouse Lane**, parking enforcement, parking tickets issued.

3:43 p.m. **Border St.**, Mill Bridge, youth complaint. Officer reports he moved a group on their way from the bridge.

5:09 p.m. **Atlantic Avenue**, noise complaint. Loud music, possibly a party going on. Caller does not want to speak to an officer. Noise is coming from an anniversary party. They will be quieter.

5:21 p.m. **Atlantic Avenue**, parking enforcement. One vehicle ticketed.

5:24 p.m. **Atlantic Avenue and Howard Gleason Road**, parking enforcement. Officer out on parking enforcement.

5:26 p.m. **Atlantic Avenue**, parking enforcement, two vehicles ticketed.

5:29 p.m. **Border St./Mill Bridge**, officer reports a group of kids sent on their way from the bridge.

5:43 p.m. **Elm St.**, animal bite. Dog bite on her left hand from a neighbor's dog.

5:54 p.m. **Bay View Drive**, harassment.

6:22 p.m. **Lighthouse Lane**, parking enforcement.

6:30 p.m. **Rustic Drive**, solicitation. Caller reports a solicitor for Anton Cleaners is in the area. Officer states he has a permit.

9:14 p.m. **Chief Justice Cushing Highway**, motor vehicle stop; citation issued.

10:54 p.m. **Parker Avenue**, drug violation.

11:07 p.m. **Atlantic Avenues**, Sandy Beach Bath House, notification. Officer is locking gate - no one in the area.

Sunday, June 22

12:46 a.m. **Sohier St.**, medical alarm.

1:29 a.m. **Parkingway**, open door/window.

8:23 a.m. **Beechwood St.**, disturbance. Caller reports her neighbors are using a drone that is very loud. Spoke to caller, no drones at this time.

12:16 p.m. **Lighthouse Lane**, parking enforcement.

12:29 p.m. **Atlantic Avenue**, parking enforcement, parking tickets issued.

2:51 p.m. **Summer St. and Indian Wind Drive**, Town of Scituate, mutual aid ambulance given.

2:58 p.m. **Border St.**, disturbance.

3:14 p.m. **Lighthouse Lane**, parking enforcement.

5:19 p.m. **Pleasant St.**, medical aid.

5:52 p.m. **Jerusalem Road**, Reflection's Antiques, animal call. Caller reports a medium size black dog is running loose in the area. Call forwarded to animal control officer.

6:53 p.m. Past report of domestic abuse. Neighbor says son stated his father hit him in the head and has bruises on his arm. Father is trying to get son in car. Son is now with neighbor. One male in custody.

9:15 p.m. **Pleasant St.**, animal call. Call from headquarters reporting a raccoon by the dumpster.

10:53 p.m. **Elm St.**, medical aid.

Monday, June 23

2 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

5:50 a.m. **Red Gate Lane**, medical aid.

6:58 a.m. **Beechwood St.**, directed patrol.

6:59 a.m. **S. Main St.**, motor vehicle stop; citation issued.

7:22 a.m. **Mendel Road**, motor vehicle stop; citation issued.

9:36 a.m. **Forest Ave.**, traffic enforcement.

9:39 a.m. **Forest Ave. and Fox Run**, motor vehicle stop; citation issued.

9:44 a.m. **Nichols Road**, past break-in. Three iPads and two American Express cards, and charges since yesterday. No noticeable forced entry.

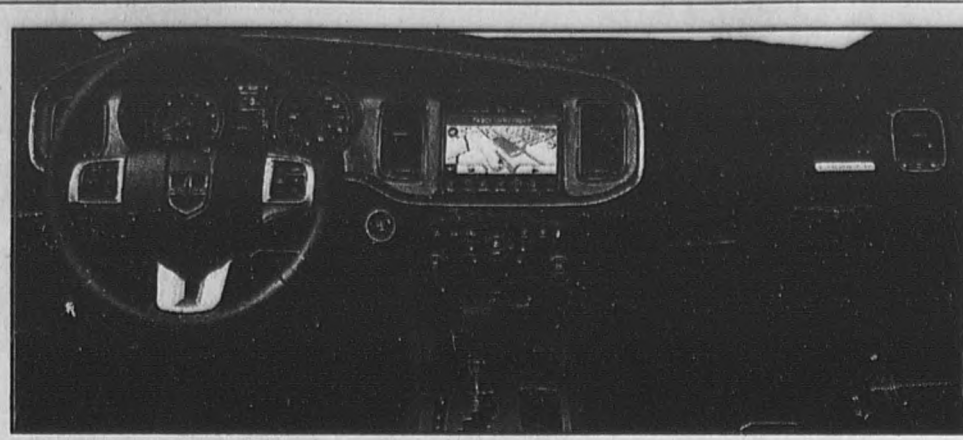
9:55 a.m. **Chief Justice Cushing Hwy. and Ridge Top Road**, Pothole at Ridge Top Road and Chief Justice Cushing Highway. MA DPW notified.

10:38 a.m. **Stop & Shop, Chief Justice Cushing Hwy.**, three-car motor vehicle accident. All vehicles are off the road.

10:56 a.m. **Border St.**, medical aid.

12:01 p.m. **Nichols Road**, Police Department investigation, follow-up.

12:21 p.m. **King and Pond streets**, disabled motor vehicle at stop sign, side of road.



## Traffic Safety Tip of the Week:

GPS systems, while legal in Massachusetts, can still be a dangerous distraction. Designate the front-seat passenger to serve as a "co-pilot" who can fumble with or read your navigation system so you can focus on driving. If you're alone, consider safely pulling over to reset the map. COURTESY PHOTO

Vehicle is broken down.

1:48 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

2:17 p.m. **S. Main St.**, directed patrol.

2:23 p.m. **S. Main St.**, motor vehicle stop; citation issued.

2:50 p.m. **King St.**, traffic hazard. Problem with the train gate.

2:56 p.m. **S. Main St.**, motor vehicle stop; verbal warning for speed.

3:05 p.m. **Beach St.**, parking complaint. Truck blocking driveway. Parking situation addressed.

3:06 p.m. **N. Main St. and Red Gate Lane**, directed patrol.

5:59 p.m. **Hull St.**, traffic enforcement.

6:15 p.m. **Woodland Drive**, fraud. Male in station reports fraud.

7:10 p.m. **Chief Justice Cushing Hwy.**, Police Department investigation, follow-up.

8:57 p.m. Mutual aid given. Responding to location with Scituate Police looking for a male on a 209A violation. Male in custody of Scituate Police Department.

8:58 p.m. **Forest Ave.**, parking complaint, shared driveway. There are cars parked that would prevent emergency vehicles from accessing houses. Ongoing issue.

10:11 p.m. Disturbance. Female in station reports domestic disturbance. Units out for a follow-up.

10:59 p.m. **Forest Ave. and Jerusalem Road**, youth complaint. Units out with a group of teens, group dispersed.

Tuesday, June 24

7:12 a.m. **S. Main St.**, directed patrol.

9:14 a.m. **Chief Justice Cushing Hwy.**, directed patrol.

9:19 a.m. **S. Main St.**, parking complaint. Pepsi truck parked in a residential area.

9:37 a.m. **King St.**, motor vehicle crash. Fire will be assessing the chemicals in the pool truck. Rhode Island operator to be cited. Wrecker has the vehicle.

10:16 a.m. **Ripley Road**, directed patrol.

10:18 a.m. **Ripley Road**, motor vehicle stop; citation issued.

10:18 a.m. **Pond St.**, suspicious vehicle. Caller reports a white motor vehicle parked on the side of her house. She would like an officer to check it out. Car is a vendor that was scheduled to be there.

10:37 a.m. **S. Main St.**, motor vehicle stop; citation issued.

11:40 a.m. **Sandy Beach, Atlantic Ave.**, parking enforcement at Sandy Beach, violators ticketed.

11:59 a.m. **Border St. Bridge**, disturbance. Moving a group along from the bridge.

12:03 p.m. **Government Island**, parking enforcement. Vehicle ticketed on Government Island and Parker Avenue.

12:05 p.m. **Border St.**, motor vehicle stop; citation issued.

12:08 p.m. **Jerusalem Road**, motor vehicle complaint. Motorcycle speeding, no helmet on male on back, going toward Hingham.

12:48 p.m. **Sandy Beach, Atlantic Ave.**, parking enforcement. Officer out tagging.

1:04 p.m. **Border St. Bridge**, youth complaint. Kids are drinking under the bridge. Officer reports there are no kids drinking under the bridge, just jumping off, group cleared.

2:19 p.m. **N. Main St.**, directed patrol.

2:42 p.m. **N. Main St.**, motor vehicle stop; citation issued.

2:53 p.m. **Border St. Bridge**, disturbance. Group moved from the bridge.

3:59 p.m. **Chief Justice Cushing Hwy.**, motor vehicle crash. A very minor motor vehicle accident in front of 380 Chief Justice Cushing Hwy. No need for a tow or medics, vehicles are off the road, paper exchange.

4:15 p.m. 209A violation. Caller reports she was granted an emergency 209A Saturday at Cohasset Police Department. Renewed it in court yesterday. Male called today and did not leave a message. Unsure if the male party was served. Boston Police Department has not served the male and will be sending two officers now to attempt to serve the male. No violation at this time. Party will keep track if the male makes contact again.

5:07 p.m. **Cedar Acres Lane**, animal call. Caller reports he came outside and there was a baby duck in front of his house. Caller has it in a box at this time. Caller advised to contact ACO or release the animal.

6:13 p.m. **Bay View Drive**, Police Department investigation. Elderly female concerned too may people have her garage door code. Maintenance on scene to assist the female.

6:44 p.m. **Justice Cushing Highway, Scituate**, mutual aid ambulance given.

7:03 p.m. **Cohasset Family Practice, Chief Justice Cushing Hwy.**, medical aid.

7:05 p.m. **Jerusalem Road**, parking complaint. A Dodge truck parked on the sidewalk causing her to have to walk in the street to get around it. Vehicle has been tagged.

7:37 p.m. **Beach St.**, tree down. Caller reports a tree branch has fallen onto her car. Clear, private property, homeowner to handle.

8:38 p.m. **Beach St.**, building break-in. Units clear, no forced entry. Screens have never been intact and no footprints around the residence. Nothing appears to be disturbed in the house and the homeowner is satisfied with the walk-through.

9:08 p.m. **Jerusalem Road**, trespass. Caller reports apartment building (Templar House) across from him is vacant. Building is being torn down and no one should be in there. There are currently two-three young males in their '20s in the building. Units clear, male is OK to be on property.

9:25 p.m. **Pond St.**, medical aid.

10:45 p.m. **Wadleigh Park, Forest Ave.**, disturbance. Parties removed from the area and the rocks.

Wednesday, June 25

3:13 a.m. **Border St.**, medical aid.

6:16 a.m. **JJ's Dairy Hut, Chief Justice Cushing Hwy.**, directed patrol.

8:53 a.m. **Chief Justice Cushing Hwy.**, erratic motor vehicle operation. White Toyota pickup truck just passed caller in a no passing zone. Male operator gave him the finger. Vehicles gone on arrival.

9:09 a.m. **Jerusalem Road**, hit and run motor vehicle crash. Electric pole is across from driveway. National Grid notified. Happened sometime in the last two days.

10:56 a.m. **Stanton Road**, fraud. Caller reports the IRS called her and she thinks it is a scam.

11:40 a.m. **Cunningham Bridge, Atlantic Ave.**, motor vehicle stop. Officer reports he is out on motor vehicle stop of a motorized scooter. Citation issued for failure to display registration sticker.

11:54 a.m. **Beach St.**, dispute. Property dispute with an abutter.

12:09 p.m. **Bay View Drive**, medical aid.

1:42 p.m. **Beechwood and King streets**, traffic enforcement.

1:47 p.m. **King St.**, motor vehicle stop; citation issued.

1:50 p.m. **Sandy Beach, Atlantic Ave.**, parking enforcement.

2:15 p.m. **Forest Ave.**, traffic enforcement.

2:21 p.m. **Border Street Bridge**, disturbance. Removed kids from the bridge.

2:26 p.m. **Sohier St.**, traffic enforcement.

2:27 p.m. **Forest Ave.**, motor vehicle stop; citation issued.

2:34 p.m. Caller reports she has a 209A against a male. Same states she doesn't believe the male was served as of yet and he is calling her.

2:40 p.m. **Sohier St.**, motor vehicle stop; citation issued.

2:46 p.m. **S. Main St.**, traffic enforcement.

2:48 p.m. **Sohier St.**, motor vehicle stop; citation issued.

3:02 p.m. **S. Main St.**, motor vehicle stop; citation issued.

3:03 p.m. **Hull St.**, traffic enforcement.

3:36 p.m. **Border Street Bridge**, youth complaint. Group removed from Border Street Bridge.

3:53 p.m. **Police Headquarters**, larceny report. Walk-in to headquarters to report theft of her bike from Ripley Road. Last seen around noon today.

4:07 p.m. **Chief Justice Cushing Hwy.**, animal call. Caller states something in the car. Caller states not sure if a dog or what but something is wrong. Window is cracked just a bit.

4:33 p.m. **Cedar and Hull streets**, traffic enforcement.

5:13 p.m. **Hull St.**, motor vehicle stop; verbal warning.

5:26 p.m. 209A service. Advised by desk officer via telephone that the order was renewed.

7:07 p.m. **Pond and Spring streets**, animal call. A python in the area of the Pond and Spring with black diamond pattern crawling around the road. Area search negative. Spoke with residents no one else has seen it.

8:20 p.m. **Forest Ave.**, traffic enforcement.

11:17 p.m. **St. Anthony Church, Summer St.**, erratic motor vehicle operation, heading to Scituate, swerving, almost hit a tree. Scituate notified and has the vehicle stopped.

Thursday, June 26

1:40 a.m. **Cushing Road**, suspicious vehicle. Female has been asked to move along.

6:26 a.m. **Jerusalem Road**, directed patrol.

7:05 a.m. **King St.**, motor vehicle stop, written warning.

7:53 a.m. **Police Headquarters**, assist public. Assist walk-in, request for fire/rescue.

8:34 a.m. **Sunrise, King St.**, medical aid.

9:33 a.m. **King St.**, directed patrol.

9:34 a.m. **King St.**, motor vehicle stop; citation issued.

10 a.m. **Bancroft Road**, civil matter. Workers at this location are digging on neighbor's property. Civil dispute over property line.

10:37 a.m. **S. Main St.**, fraud. Caller reports being contacted by utility company to pay a bill. Caller did not give any money but wishes to report it.

11:15 a.m. **Stop & Shop, Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

11:46 a.m. **Forest Ave.**, directed patrol.

11:59 a.m. **Stop & Shop, Chief Justice Cushing Hwy.**, directed patrol.

12:23 p.m. **Chief Justice Cushing Hwy.**, motor vehicle crash. Fluids leaking, no injury. Express Towing en route for two.

1:44 p.m. **Depot Court**, parking complaint. Motor vehicle with MD plates parked incorrectly.

2:35 p.m. **S. Main and Summer streets**, directed patrol.

2:57 p.m. **N. Main St.**, directed patrol.

3:04 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, directed patrol.

3:26 p.m. **N. Main St.**, motor vehicle stop; citation issued.

3:54 p.m. **Sohier St.**, motor vehicle stop; verbal warning.

4:48 p.m. **Forest Ave.**, directed patrol.

8:48 p.m. **Forest Ave. and**

Jerusalem Road, directed patrol.

Friday, June 27

7:03 a.m. **Forest Ave.**, traffic enforcement.

7:14 a.m. **Bancroft Road**, dispute. Resident reports a dispute with neighbor about his plot plan.

7:37 a.m. **Forest Ave. and Old Coach Road**, motor vehicle stop; verbal warning.

9:02 a.m. **Forest Ave.**, traffic enforcement.

9:05 a.m. **Depot Court**, parking enforcement.

9:40 a.m. **N. Main St.**, parking complaint. Requests police check the parking on North Main Street between Ripley Road and Jerusalem Road. No issues in the area, there were vehicles dropping off children for a party, all have since left.

9:52 a.m. **Forest St.**, directed patrol.

9:58 a.m. **Sohier St.**, motor vehicle stop; verbal warning.

10:27 a.m. **Chief Justice Cushing Hwy.**, larceny report. Scrap metal and a heat pump stolen. Location is across from Hingham Lumber.

10:44 a.m. **Jason Road**, parking enforcement. One vehicle issued a parking ticket.

10:55 a.m. **Chief Justice Cushing Hwy.**, larceny report. Party coming into lobby regarding theft.

12:04 p.m. **Parking Way**, parking enforcement.

12:32 p.m. **Border Street Bridge**, Group moved off of the bridge.

12:48 p.m. **Border St. and Parker Ave.**, parking enforcement. Government Island/Border Street/Parker Avenue, two citations issued.

1:14 p.m. **Sandy Beach, Atlantic Ave.**, parking enforcement, citation issued.

1:24 p.m. **Sunrise, King St.**, medical aid.

1:33 p.m. **S. Main and Summer streets**, traffic enforcement.

1:44 p.m. **King and Sohler streets**, motor vehicle stop; citation issued.

1:49 p.m. **Chief Justice Cushing Hwy.**, animal call. Two dogs on 3A before Hingham Lumber, one possible a golden doodle, second was a smaller black and white dog.

1:50 p.m. **Chief Justice Cushing Hwy.**, animal call. Caller reports two dogs running loose on 3A toward Hingham.

1:53 p.m. **Beechwood St.**, motor vehicle stop; citation issued.

1:55 p.m. **Wadleigh Park, Forest Ave.**, parking enforcement, citation issued.

2:20 p.m. **Sanctuary Pond Road**, animal call. Dogs loose in area, black and white and golden doodle.

2:31 p.m. **Chief Justice Cushing Hwy.**, larceny report. Party into headquarters for a larceny report.

2:33 p.m. **Government Island, Lighthouse Lane**, parking enforcement.

2:34 p.m. **Parker Ave.**, parking enforcement.

2:39 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; verbal warning issued for marked lanes.

2:43 p.m. **King and Pond streets**, motor vehicle stop; citation issued.

2:50 p.m. **Forest Ave.**, directed patrol.

2:57 p.m. **Forest Ave.**, motor vehicle stop; citation issued.

3:05 p.m. **S. Main St.**, community service.

3:20 p.m. **Beechwood and King streets**, directed patrol.

3:40 p.m. **Sohier St.**, motor vehicle stop; citation issued.

3:47 p.m. **Border Street Bridge**, disturbance. Group removed from Border Street Bridge.

4:42 p.m. **Sandy Beach, Atlantic Ave.**, parking enforcement, parking citations issued.

5:41 p.m. **Border Street Bridge**, disturbance. Group removed from Border Street Bridge.

5:47 p.m. **Ripley Road**, motor vehicle stop; citation issued.

5:50 p.m. **Ripley Road and Sohler St.**, animal call. Two dogs unattended, golden retriever, small, possibly a bull dog.

6 p.m. **Chief Justice Cushing Hwy. and Schofield Road**, motor vehicle stop; citation issued.

6:15 p.m. **South Shore Music Circus, Sohler St.**, directed patrol.

6:17 p.m. **Sohier St.**, motor vehicle stop; citation issued.

6:25 p.m. **Sohier St.**, motor vehicle stop; citation issued.

6:28 p.m. **Sohier St.**, motor vehicle stop; citation issued.

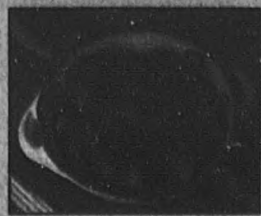
6:30 p.m. **Sandy Beach, Atlantic Ave.**, directed patrol.

7:03 p.m. **Forest Ave. and N. Main St.**, animal call. Pair of dogs disrupting traffic. Dogs reunited with owner.



# FOOD

## FOOD FOR THOUGHT



BRANDPOINT

### TIP OF THE WEEK

#### Make plans to break routine

It's easy to fall into a cooking rut where you're preparing the same few recipes every week. Break out of this cycle with a few easy tips that will have you exploring new flavors in no time:

- Sites like Allrecipes and Pinterest make it easy to search, categorize and save recipes. Building a recipe collection as you go will make it easier at the beginning of each week to decide what you want to make.
- Use recipes to build your shopping list. Make sure most of the items on your shopping list are ingredients needed for the recipes you want to make. Putting extra time into planning meals at the beginning of the week will prevent you from reaching for the routine when you get to the store.
- Put one new item in your grocery cart each week. The produce section is a great place to find seasonal fruits and vegetables that you might never have tried before.

—Brandpoint

### NUMBER TO KNOW

**91** percent: The aptly named watermelon is almost entirely made of water, about 91 percent by weight.

### EASY RECIPE

#### Daiikon radish slaw

- 1 pound daiikon radish, trimmed, peeled and grated (2 1/2 cups total)
- 1/4 cup low-fat sour cream
- 1 teaspoon sugar, more as needed
- 1/4 teaspoon salt, more as needed
- 2 tablespoons chopped chives

#### Procedure:

1. Combine grated radish, sour cream, sugar, salt and chives in a mixing bowl; mix well to incorporate and coat the vegetable.
2. Taste and adjust sugar or salt as needed. Serve immediately or within two hours.

—Cookthink

### FOOD QUIZ

Which do botanists not consider a true berry?

- A. Blueberry
- B. Grape
- C. Persimmon
- D. Strawberry

### THE DISH ON...

**"The Kamado Smoker and Grill Cookbook"** by Chris Grove

The ultimate in barbecue tools, the kamado-style grill — ceramic and egg-shaped — allows you to slow roast, smoke, and grill meats to perfection. Packed with recipes, photos, and techniques unique to the kamado, this essential guide will turn grilling neophytes into masters of the backyard barbecue. Each concept features a recipe that provides a tasty opportunity for you to practice new skills and get the most out of your grills.

—Amazon

#### Food Quiz answer

E. Strawberries are classified as an "aggregate fruit," not a true berry.

More Content Now

### WISE TO THE WORD

**Daiikon** Daiikon is an Asian radish with a sweet and spicy flavor. It is an essential ingredient in Asian cooking and the most popular vegetable in Japan. It is often grated and/or pickled and served as a garnish for sushi or noodle soups. —Cookthink



RELISH MAGAZINE

## Everyone needs a great potluck dish in their arsenal

By the editors of Relish Magazine

Everyone should have a tried and true potluck dish in their back pocket. Orzo Veggies is ours. It's fresh, seasonal, easy to throw together and decidedly hip. That's what makes the recipe's provenance all the better. It came to us by way of reader and grandmother, Henrietta Jachlewski, whose granddaughter it "passed it up" to her.

Almost any kind of vegetable can be used in this recipe. Here asparagus, bell peppers, green onions, grape tomatoes and zucchini take center stage. To make a more wintry version, you could substitute cubed butternut squash, Brussels sprouts, parsnips and carrots. The key is to chop the vegetables to a similar size, toss them in oil and seasonings, then roast until tender.

Once the vegetables are done, they're tossed with the cooked orzo. Pine nuts add a toasty flavor, and salty feta cheese brings a bold, tangy note. It comes together quickly, cooks up beautifully and holds well—you can serve it hot or room temperature. What's not to love?

### Orzo Veggies

- 1 pound asparagus, trimmed
- 3 bell peppers (red, green and yellow)
- 6 green onions, chopped
- 1 cup grape tomatoes, cut into halves
- 1 medium zucchini
- 4 tablespoons extra-virgin olive oil, divided
- 1 garlic clove, crushed
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 cup orzo
- 2 cups reduced-sodium vegetable or chicken broth
- 1/4 cup pine nuts, toasted
- 3/4 cup crumbled feta cheese



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Preheat oven to 350F.

Cut vegetables, except tomatoes, into bite-size pieces. Place first 5 ingredients (asparagus through zucchini) in a 13 x 9-inch baking dish. Add 2 tablespoons olive oil, garlic, Italian seasoning, salt and pepper. Toss well. Roast 30 minutes or until vegetables are tender.

Place remaining 2 tablespoons olive oil in a large saucepan. Add orzo and sauté until brown. Add broth. Bring to a boil, reduce heat to low, and cook, covered, until liquid is absorbed.

Add orzo to roasted vegetables. Mix well. Sprinkle pine nuts and cheese over top. Cover with foil and bake 30 minutes. Serve hot or at room temperature. Serves 8.

Per serving: 280 calories, 14g fat, 15mg chol., 9g prot., 31g carbs., 4g fiber, 520mg sodium

Recipe by Henrietta Jachlewski, courtesy of Relish Magazine



To make a more wintry version, you could substitute cubed butternut squash, brussels sprouts, parsnips and carrots.

## Easy ways to cook like a chef

By Alexandra Rose  
Relish Magazine

Making food taste mouthwateringly good and supremely interesting is the ultimate goal for chefs. From the way they thoughtfully cook ingredients, to the side dishes they choose and to the way they garnish — everything has its flavorful purpose.

So how do we follow by example and become home chefs? Luckily for us, Maria Elia, chef and author of "Full of Flavor: How to Create like a Chef," has these tips to creating memorable meals "fit for a chef" but also for a family. For your next meal, try the following and your taste buds will thank you.

#### 1. Think about the main

#### ingredient's natural flavor.

"Consider the ingredient in its raw and simple state. For example, how amazing do freshly picked tomatoes taste?" Maria recommends choosing complementing ingredients that don't take away from the natural flavor but rather "simply take it on a journey."

**2. Buy in season.** Make a habit of visiting your local farmers' market and you'll develop a barometer for what's seasonal—tomatoes in the summer, root vegetables in the winter, greens in the spring. Peak-season purchasing will ensure your fruits are juicier and veggies more flavorful.

**3. Work with less familiar ingredients.** By using ingredients you don't cook with often, you will find yourself thinking about

the way specific items smell, cook, change texture and meld with other flavors in their respective dishes. So go on, break out the fish paste, the turmeric and the dried blueberries.

**4. Use different cooking methods to vary texture.** Take eggs for example—a hard-boiled egg tastes different than a fried egg, which tastes different than a scrambled egg. So next time you have a surplus of something, don't gripe, just flip that one ingredient countless ways.

**5. Choose a dish that supplies all five (or at least four) of the flavors palates can recognize.** Our palates know four basic flavors: bitter, sweet, sour, and salty, but they can also recognize what the Japan-

ese call umami, a savory or meaty taste found in fermented or cured foods. By choosing a dish that calls upon multiple flavors, the experience becomes deeper.

**6. Don't overwhelm your palate.** While a good balance of flavors deepens, an overwhelming amount of flavors that do not complement each other can confuse. When choosing dishes with a variety of flavor profiles, be sure they all work well together without competing.

**7. Draw "mind maps."** Maria uses a technique she calls building a mind map in which she starts with her main ingredient and draws lines coming from it to different cooking methods and flavors she thinks will go well with it.

**8. Garnish.** We aren't talking about a weed-ish sprig of something thrown a top a dish—we mean a thoughtful and lovingly selected edible note to the plate that plays well with what you're serving. Maria suggests a tuft of pea shoots for a recipe with peas, or unsalted popcorn with something like cream of corn.

**9. Take favorite recipes and "lighten" them up.** Watching your or your family's waistline? That doesn't mean you have to forego all your favorite recipes. Take old favorites and make healthful substitutions. Take a lamb recipe and substitute white fish—you'll still get the great flavor you love while also discovering new ones.



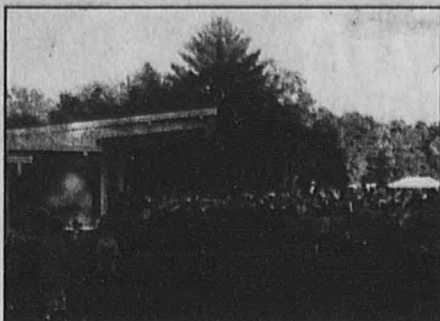
# CALENDAR

## Summer Nights with the Phil

**WHEN:** 6:30 to 7:30 p.m. Lawn opens at 6 p.m. July 2, 9, 16 and 23.

**WHERE:** Laura's Center for the Arts' Pleine Aire Pavillion, 97 Mill St., Hanover.

**INFO:** The Plymouth Philharmonic Orchestra, in partnership with the Emilson YMCA in Hanover presents a free outdoor music series featuring the orchestra's principal musicians and small ensembles. [www.plymouthphil.org](http://www.plymouthphil.org).



## Celebrate the 'Presentation of Webster's Buggy'

**WHEN:** from 1 to 4 p.m. Sunday, July 6.

**WHERE:** Daniel Webster Estate & Heritage Center, 238 Webster St., Marshfield.

**INFO:** The Estate has acquired a phaeton (horse-drawn carriage) that once belonged to Daniel Webster and it has been repaired, repainted, and reupholstered by John Mikkola of the Olde Woodwright Shop in Hampden. The 1880 Victorian mansion will be open with free admission and light refreshments. For details see [www.danielwebsterestate.org](http://www.danielwebsterestate.org).



## Joytime Singspiration features Pastor Jay Witham

**WHEN:** 7 p.m. Saturday, July 5.

**WHERE:** First Baptist Church, 200 Union St. in Rockland

**INFO:** Joytime Singspiration is an informal time of country and country gospel music. Jay Witham is a member of the Inspirational Country Music Association in Nashville. The service generally goes for 75 to 90 minutes and is followed by refreshments and fellowship in the church's Fellowship Hall. Open to the public. For more information visit [www.FBRockland.com](http://www.FBRockland.com) or call the church office at 718-878-1020.



## SATURDAY, JULY 5

**Hingham Farmers' Market** every Saturday from 10 a.m. to 2 p.m. at The Hingham Bathing Beach on Otis St. [www.hinghamfarmersmarket.org](http://www.hinghamfarmersmarket.org).

**Sandwich Artisans 2014 Fine Arts & Crafts show** on the lawn of the Sandwich Public Library, 142 Main St., Sandwich, from 10 a.m. to 4 p.m.

**The Hull Artists 19th annual Open Studios Art Tour** from 10 a.m. to 5 p.m. a record 40 Hull and Hingham artists will display their work in home studios up and down the Hull peninsula and in Hingham. For a self-guided tour, download a free map from [www.hullartists.com](http://www.hullartists.com). Admission is free, parking is free, and children are welcome.

**Priscilla Beach Theatre** presents "But Why Bump Off Barnaby?" at 10:30 a.m. at 800 Rocky Hill Road, Plymouth. Tickets are \$12 general admission at the door. Call 508-224-4888 to purchase tickets in advance, which is strongly recommended. [www.pbtheatre.org](http://www.pbtheatre.org).

**Author Amy Belding Brown** will read from her historical novel, "Mr. Emerson's Wife," at 1 p.m. at the Mayflower Society House, 4 Winslow St., Plymouth. The presentation will be followed by a book signing and light refreshments. Reservations required. Free to members and \$5 for the general public. Reserve your seat by calling Megan Cassidy at 508-746-3188 or email [asstexecdirector@thmayflowersociety.com](mailto:asstexecdirector@thmayflowersociety.com).

**Bay Colony Shakespeare Company** will present "Much Ado About Nothing," "Macbeth" and "Hamlet" from July 1 to Aug. 3 at the Spire Center for The Performing Arts, 25 1/2 Court St. in Plymouth. Tonight: "Macbeth." Tickets for the performances start at \$10, with discounts for groups and service members. Visit the Bay Colony Shakespeare Company website at [www.bay-colonyshakespeare.org](http://www.bay-colonyshakespeare.org) for show times and further details.

**Jay Witham** will be the featured artist at the Joytime Singspiration, at First Baptist Church, 200 Union St. in Rockland at 7 p.m. Folks in the audience get to choose their favorites hymns and sing them together accompanied by pianist Kay Craig. Open to the public. [www.FBRockland.com](http://www.FBRockland.com) or 718-878-1020.

**Monthly Dance** at The Country Bone at Occasions, 473 South St. West, Raynham. Beginner lesson starts promptly at 7:30 p.m. 508 245-7671 or [www.thecountrybone.com](http://www.thecountrybone.com).

**Jeff Navaras** will perform from 6 to 9 p.m. at Sandcastle Lounge at Pilgrim Sands on Long Beach, 150 Warren Ave., Plymouth, 508-747-0900.

**"The Cottage,"** Americana Theatre Co. will present the play at 8 p.m. at the Plymouth Center for the Arts, 11 North St., Plymouth. Tickets are \$25. See [www.americanatheatre.org](http://www.americanatheatre.org).

**The Gathering** perform from 4 to 6:30 p.m. at the Morrell Bandstand, Scituate Harbor. Admission is free and features music for all ages. The Gathering is a horn driven, high-energy eight-piece band fronted by Steve and Stephanie (Mamasteph) Chase along with their sons Matt and Sam Chase. Opening act Sam Chase Band and special appearance by Charlie Farren. Lawn chairs are welcome.

**Matt Koelsch** at The Snug, 116 North St., Hingham, 9:30 p.m. 781-749-9774. [www.thesnugpub.com](http://www.thesnugpub.com).

**Booty Vortex** at C-Note, 159 Nantasket Avenue, Hull, 7:30 p.m. 781-925-4300. [www.cnotehull.com](http://www.cnotehull.com).

**Olivia Brownlee** at Turners Yard, 615 Washington St., Pembroke, 9 p.m. 781-826-2532. [www.turnersyard.com](http://www.turnersyard.com).

**Irish Seisliun** at Lucio's Pub at 6 Spring Lane in Plymouth, 5:30 p.m. Free.

**Kris Lee** at Wildflower Café & Tavern, 8 Chestnut St., Duxbury, 781-934-7814. [www.wildflowercafe.us](http://www.wildflowercafe.us).

**DJ Doubletake** at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

**Jim Libby Band** at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999. [www.britishbeer.com](http://www.britishbeer.com).

**Colby James** at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756. [www.britishbeer.com](http://www.britishbeer.com).

## SUNDAY, JULY 6

**All-you-can eat buffet breakfast** from 8 to 11:30 a.m. at Corner Stone Lodge, 585 Washington St., Duxbury, first Sunday of each month. The menu includes scrambled eggs, home fries, bacon, sausage, toast, English muffins, baked beans, French toast, juice and coffee. Pancakes will be cooked to order. Price is \$7 per adult, \$6 per senior, \$5 per child age 12 and under. If possible, take can tabs to donate to Shriners hospitals. Open to the public.

**The Hull Artists 19th annual Open Studios Art Tour** from 10 a.m. to 5 p.m. a record 40 Hull and Hingham artists will display their work in home studios up and down the Hull peninsula and in Hingham. For a self-guided tour, download a free map from [www.hullartists.com](http://www.hullartists.com). Admission is free, parking is free, and children are welcome.

**Open mike with Bill Downes** at The Tinker's Son, 707 Main St., Norwell, 4 to 8 p.m. [www.thetinkerson.com](http://www.thetinkerson.com), 781-561-7361.

**Pilgrim Breakfast at Harlow House**, the Plymouth Antiquarian Society's annual Pilgrim Breakfast will be held from 8:30 to 11:30 a.m. at the Harlow Old Fort House, 119 Sandwich St., Plymouth. Costumed servers will dish out piping hot fishcakes, baked beans, cornbread and other tasty fare, while strolling singers share songs, riddles and 17th century cheer. Tickets are \$12.50 per person, \$10 per member; \$45 family discount ticket (two adults and up to three children). Reservations are recommended. Tickets are nonrefundable. Visit [www.plymouthantiquariansociety.org](http://www.plymouthantiquariansociety.org) or email [psasm@verizon.net](mailto:psasm@verizon.net) or call 508-746-0012 for tickets and information.

**Traditional Irish Session with Skip Toomey** every Sunday from 11 a.m. to 2 p.m. at The Tinker's Son, 707 Main St., Norwell, [www.thetinkerson.com](http://www.thetinkerson.com), 781-561-7361.

**Pilgrim Festival Singers**, a small ensemble drawn from the Pilgrim Festival Chorus (PFC), present their summer concert series, Broadway Melodies, at 7:30 p.m., at First Trinitarian Congregational Church, 381 Country Way, Scituate. The concert consists of highlights from the American musical theater tradition, directed by Scituate resident and choral music educator William B. Richter and accompanied by pianist Elizabeth Chapman Reilly. Tickets are \$10 and may be purchased at the door, by calling Gail at 781-826-8416, or online at [www.pilgrimfestivalchorus.org](http://www.pilgrimfestivalchorus.org).

**Nick Pangakis** at Waterfront Bar and Grill, 170 Water St., Plymouth, 3 to 6 p.m. 508-591-8393.

**Sherry Malone** will perform from 4 to 7 p.m. at Sandcastle Lounge at Pilgrim Sands on Long Beach, 150 Warren Ave., Plymouth, 508-747-0900; lounge open from 3 to 8 p.m.

**"Moonlight and Magnolias,"** Americana Theatre Co. will present the play at 8 p.m. at the Plymouth Center for the Arts, 11 North St., Plymouth. Tickets are \$25. See [www.americanatheatre.org](http://www.americanatheatre.org).

**Roy Scott Big Band** at Catherine and Joseph Nisby Bandstand, 600 Gliniewicz Way, Abington, 6 p.m. A mix of swing, jazz, rock, pop, cool jazz, funk, bhop, blues and Latin. In the event of rain, concerts will be held in the Abington Senior Center, 441 Summer St. No food or drink allowed at the center.

**The Daniel Webster Estate & Heritage Center** in Marshfield will be holding a special celebration the "Presentation of Webster's Buggy." The Estate and the 1880 Victorian mansion will be open from 1 to 4 p.m. Free admission. Light refreshments. 238 Webster St. Marshfield. [www.danielwebsterestate.org](http://www.danielwebsterestate.org).

## MONDAY, JULY 7

**Audition for Office Hours** with the North River Theater, 513 River St., at 7p.m. There are roles for five men and five women of any age. 781-335-4295. [www.northrivertheatre.com](http://www.northrivertheatre.com).

**New Beginnings Singles Support Group, Inc.** meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover. Information: visit <http://nbnorwell.org/>, email at [info@nbnorwell.org](mailto:info@nbnorwell.org) or call 781-499-2659. Meetings at 391 Washington St., Hanover.

**Moonlight and Magnolias**, Americana Theatre Co. will present the play at 8 p.m. at the Plymouth Center for the Arts, 11 North St., Plymouth. Tickets are \$25. See [www.americanatheatre.org](http://www.americanatheatre.org).

**Irish Session** at The Snug, 116 North St., Hingham, 9:30 p.m. 781-749-9774. [www.thesnugpub.com](http://www.thesnugpub.com).

**Free Texas Hold'em** with the Northern Poker League at Black Raspberry Pub, 36 Cordage Park Circle, Plymouth, 508-830-0022.

## TUESDAY, JULY 8

**Birding by Van** with Coastal Waterbird Staff at Duxbury Beach presented by Mass Audubon from 9:30 to 11 a.m. For more information, contact Laura Maloney, 781-837-9400 x7907, [lmaloney@massaudubon.org](mailto:lmaloney@massaudubon.org).

**Free Retirement Healthcare Seminar** presented by South Shore Bank from 5:30 to 6:30 p.m. at its Financial Center at 99 South St. Hingham. RSVP to Laura Lombard at 781-682-3233 or at [llombard@southshorebank.com](mailto:llombard@southshorebank.com). Open to the public.

**Ballroom Dancing** every Tuesday from 7:30 to 11 p.m. at The Viking Club, 410 Quincy Avenue, Route 53, Braintree. Live bands every week. Singles and couples welcomed. Admission is \$10. 781-784-2678 or 781-335-3171.

**South Shore Men of Harmony** rehearse every Tuesday at Hingham Community Center, 70 South St., Hingham, from 7:30 to 10:30 p.m. 781-337-SING (7464). 781-337-7464.

**Poker Night Texas Hold'em** at Players Sports Bar & Grille, 86 VFW Drive, Rockland, at 7 p.m. and 9:45 p.m. 781-681-9999. [www.southshoresportsbar.com](http://www.southshoresportsbar.com).

**Open mike with Jackson Wetherbee** 9 p.m. every Tuesday at The Tinker's Son, 707 Main St., Norwell, [www.thetinkerson.com](http://www.thetinkerson.com), 781-561-7361.

**Irish Session** at Turners Yard, 615 Washington St., Pembroke, 7 p.m. 781-826-2532. [www.turnersyard.com](http://www.turnersyard.com).

**Irish Seisliun** at McGuiggans Pub, 546 Washington St., Whitman, 7 p.m. 781-447-7333. [www.mcguigganspub.com](http://www.mcguigganspub.com).

## HOW TO SUBMIT

Planning an event? Send your event information by email to [scalendar@wickedlocal.com](mailto:scalendar@wickedlocal.com) or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.

**Jazz at Martini's**, Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. 774-773-9782 [www.martinisplymouth.com](http://www.martinisplymouth.com).

**Wicked Trivia** with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

## WEDNESDAY, JULY 9

**Meet author Elin Hilderbrand** at Buttonwood Books and Toys, 747 CJC Hwy. Route 3A, Cohasset at 7 p.m. Hilderbrand will be discussing her new novel "The Matchmaker". One lucky attendee will win the door prize – a basket filled with special items curated by Elin that includes a copy of her new book. If you are unable to attend and would like to order a signed book, call 781-383-2665.

**Summer Nights with Phil**, the Plymouth Philharmonic Orchestra, in partnership with the Emilson YMCA in Hanover, will present a free outdoor music series four Wednesdays in July featuring the orchestra's principal musicians and small ensembles, at 6:30 p.m. at Laura's Center for the Arts' Pleine Aire Pavillion, 97 Mill St., Hanover. Concerts are general seating with areas for concertgoers to place lawn chairs or blankets. Guests may take food and beverages of their choice. The lawn opens at 6 p.m. and the concerts are from 6:30 to 7:30 p.m. In the event of rain, concerts will be inside the Center, which is fully accessible. Tonight: featuring The Phil Percussion.

**The Kennedys with Charlie Farren** at Projects Arts of Plymouth annual free summer concert series, 6:30 to 9:30 p.m. Pilgrim Memorial State Park, Water St., Plymouth.

**Country Night** at Players Sports Bar & Grille, 86 VFW Drive, Rockland, Complimentary line dance lessons from 7 to 9 p.m. 781-681-9999. [www.southshoresportsbar.com](http://www.southshoresportsbar.com).

**Aldous Collins Band** at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit [www.britishbeer.com](http://www.britishbeer.com).

**Irish Session** 7 p.m. every Wednesday at The Tinker's Son, 707 Main St., Norwell, [www.thetinkerson.com](http://www.thetinkerson.com), 781-561-7361.

## THURSDAY, JULY 10

**Visit the Gurnet Lighthouse** at Duxbury Beach with Alden Ringquist presented by Mass Audubon from 9:30 to 11 a.m. Information: Laura Maloney, 781-837-9400 x7907, [lmaloney@massaudubon.org](mailto:lmaloney@massaudubon.org).

**Passages in Pastels** exhibit by Patricia Isaac and Ruthe Sholler hosted by The Scituate Front Street Art Gallery, 124 Front St., Scituate. The works will remain up through July 20, with a reception July 13 from 2 to 5 p.m. 781-545-6150. Website: [www.frontstartgallery.com](http://www.frontstartgallery.com).

**The Cohasset Farmers Market** opens from 2 to 6 p.m. on Cohasset Common. Local farmers and vendors offer a bountiful array of fresh produce, prepared foods, fresh fish, grass-fed meat, homemade baked goods, eggs, local cheeses and honey, cut flowers, hand crafted items and more. Listen to music. Every Thursday until Oct. 17. [www.cohassetfarmersmarket.com](http://www.cohassetfarmersmarket.com).

**Plymouth Farmers' Market**, 2:30 to 6:30 p.m. each Thursday through October, at Plimoth Plantation in Plymouth, rain or shine, on the grassy field at Plimoth Plantation's River Street entrance. More than 40 vendors, music by local musicians, activities for kids. Free and open to the public. See [www.plymouthfarmersmarket.org](http://www.plymouthfarmersmarket.org) for details.

**Free concert**, featuring the Local 281 Big Band at 7 p.m. near Plymouth Rock. Postponed concerts will be held the following Tuesday. Postponed concerts due to weather will be held the following Tuesday.

**The Cottage**, Americana Theatre Co. will present the play at 8 p.m. at the Plymouth Center for the Arts, 11 North St., Plymouth. Tickets are \$25. See [www.americanatheatre.org](http://www.americanatheatre.org).

**Mojo Kings** at 8 p.m. followed by open mike with Willie J. Laws at 9 p.m. Jammers invited and welcome. Free pizza, at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

**Irish Sessions** at Turners Yard, 615 Washington St., Pembroke, 9 p.m. 781-826-2532. [www.turnersyard.com](http://www.turnersyard.com).

**Irish Music** and more, the Lucky Seven's open seisiun at the Kingsbury Club Pub, 186 Summer St., Kingston, 7-10 p.m. every Thursday.

**Mark T. Small** performs at 7 p.m. every Thursday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

**Mark Purcell** performs at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776. [www.britishbeer.com](http://www.britishbeer.com).

## FRIDAY, JULY 11

**Church fair in Marshfield**, First Congregational Church of Marshfield, 1981 Ocean St., Marshfield, will host its 120th annual fair from 9:30 a.m. to 5 p.m. in the parish hall and in a tent on the Town Training Green, located at the intersection of Route 3A/139. The fair will feature crafters and artisans stalls in addition to a variety of booths featuring toys, coffee and pie, books, comics, DVDs, collectibles and more. There will be activities, games and a bouncy house for kids. Tasty treats will be available. For more information call the church office at 781-834-7664.

**Marshfield Farmers' Market**, every Friday from 2 to 6 pm at the Marshfield Fairgrounds 140 Main St. has over 40 local farmers, food vendors and select artisans. Market is open rain or shine in a festive indoor/outdoor setting featuring agricultural displays, live music, free demonstrations and kids' activities every week. Admission and parking are free, easy access for wheel chairs and strollers. Handicapped parking inside the gates.

**Ham Dinner** presented by The Abington VFW Post at the Council of Aging, 441 Summer St., Abington. The ham dinner includes scalloped potatoes, green beans and baked beans, rolls, Coffee and desserts. A cash bar will be available and there will be raffles by the Abington VFW Ladies Auxiliary and music for your enjoyment. Tickets \$15 and a donation for the food pantry (can good or box good needed). For tickets: call the VFW Office at 781-878-3170 or see any active VFW Member send your checks to Abington VFW, POB 141, Abington, MA 02351.

**Pilgrims Baseball 5K** starts at 5:45 p.m. at Forges Field, Jordan Road, Plymouth. The night starts with a 5K run/walk along the paved paths of Forges Field and finishes with the Plymouth Pilgrims Baseball game and your game ticket is included in your race registration fee. Register at [www.southshoraceracemgmt.com/2nd-annual-pilgrims-baseball-5k---july-11-2014.html](http://www.southshoraceracemgmt.com/2nd-annual-pilgrims-baseball-5k---july-11-2014.html).

**First Friday** (Second Friday) at Artisans in the Square, 63 South St., Hingham, from 5 to 8 p.m. when Artisans in the Square features one of their artisans. Elisa Sullivan of Swirls Jewelry (newest member) will be the artisan for July. Stop in for refreshments and fun. 781-749-2590 or [www.artisansinthesquare.com](http://www.artisansinthesquare.com).

**Tuesdays with Morrie**, 7:30 p.m. at Priscilla Beach Theatre, 800 Rocky Hill Road, Plymouth. Tickets \$20 each, \$10 each for matinees for seniors 65 and older. Tickets may be purchased by calling 508-224-4888, or online at [www.brownpicketickets.com](http://www.brownpicketickets.com).

**"Moonlight and Magnolias,"** Americana Theatre Co. will present the play at 8 p.m. at the Plymouth Center for the Arts, 11 North St., Plymouth. Tickets are \$25. See [www.americanatheatre.org](http://www.americanatheatre.org).

**South Shore Conservatory's Berklee Stars** at SSC Friday night outdoor concert series presents A Taste of the Festival featuring SSC's jazz/rock/pop (JRP) faculty members, at 8 pm in the Jane Carr Amphitheater at One Conservatory Drive in Hingham. Tickets for A Taste of the Festival are \$10 and may be purchased at [http://www.sscmusic.org/berklee\\_stars.html](http://www.sscmusic.org/berklee_stars.html) or by calling 781-749-7565, ext. 22. For more information about all South Shore Conservatory programs and events, visit [www.sscmusic.org](http://www.sscmusic.org).

**The Satuit Band** performs a free concert at the bandstand at Scituate Harbor at 7:30 p.m. Visit [www.satuitband.com](http://www.satuitband.com) for a complete summer concert schedule.

**Billy & The Goats and Convoy Hickies** at C-Note, 159 Nantasket Avenue, Hull, 7:30 p.m. 781-925-4300. [www.cnotehull.com](http://www.cnotehull.com).

**Cheryl Aruda & Dirty Blonde** at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

**Soft Cactus** at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999. [www.britishbeer.com](http://www.britishbeer.com).

**Risky Business Band** at Turners Yard, 615 Washington St., Pembroke, 9 p.m. 781-826-2532. [www.turnersyard.com](http://www.turnersyard.com).

**Live Radio** at The Great Chow, 497 Bedford St., Route 18, Abington, 781-871-8832. [www.greatchow.com](http://www.greatchow.com).

**Tony Carchia** at McGuiggans Pub, 546 Washington St., Whitman, 9:30 p.m. 781-447-7333. [www.mcguigganspub.com](http://www.mcguigganspub.com).

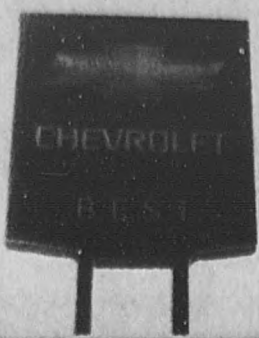
**Les Sampou Duo** at Strawberry Fair, 14 Pond St., Norwell from 6 to 8 p.m. Friday evenings throughout the summer. 781-878-7878, <http://www.thestrawberryfair.com>.

**Andrew Botteri** will perform from 6 to 9 p.m. at Sandcastle Lounge at Pilgrim Sands on Long Beach, 150 Warren Ave., Plymouth, 508-747-0900; lounge open from noon to 10 p.m.

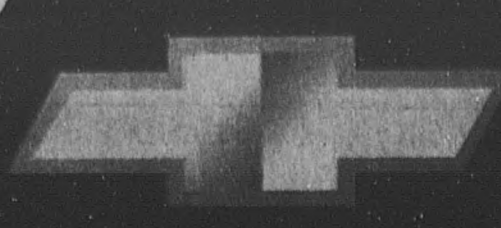
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15 Years at BEST  
Disney Institute Grad
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